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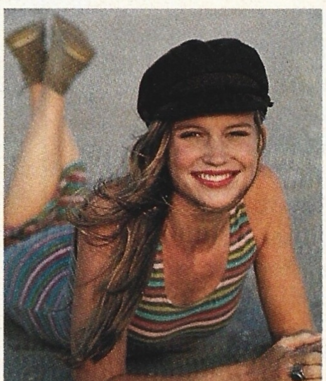

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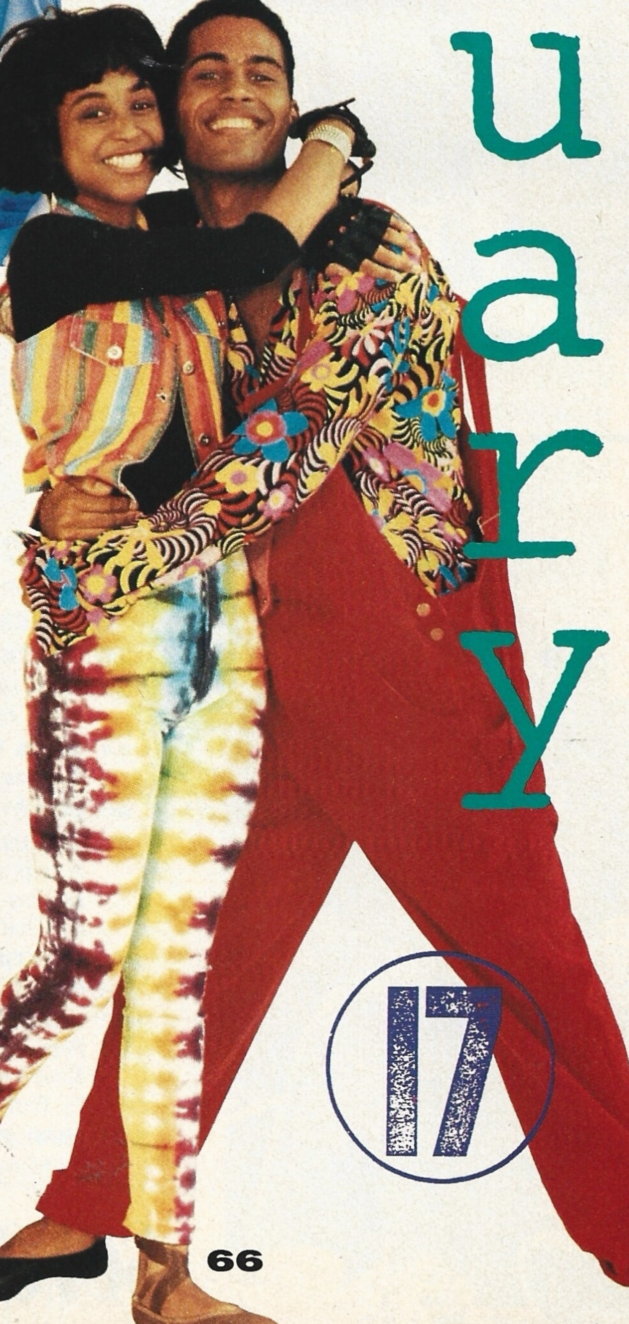

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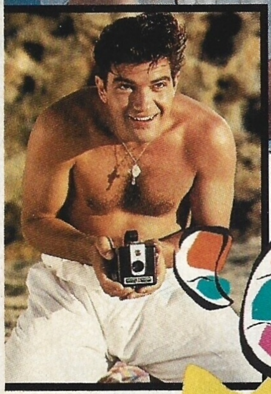
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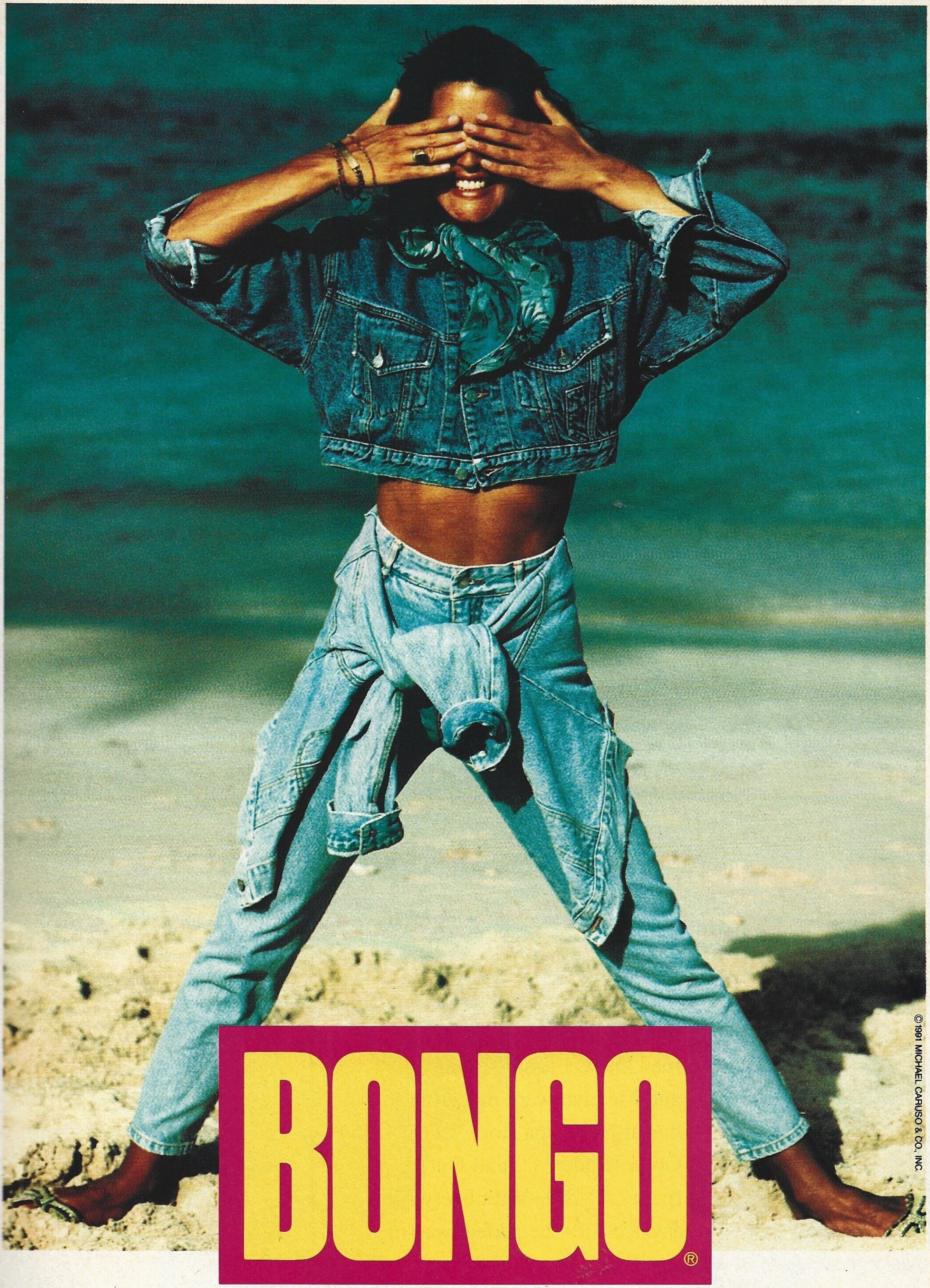
COVER STORY

NIKI AND KRISSY TAYLOR

Have *you* made your New Year's resolutions yet? We asked SEVENTEEN's cover models, Niki and Krissy Taylor, about theirs. Says Niki, "I think resolutions make sense if they're fun—and if you're willing to work at them." That's why this year's seems possible. She says, "I'm going to try to find time to go scuba diving in Australia." As for Krissy's resolution? She's too excited to think about it. We're totally hip to that. Imagine: She started the year off with a major bang by appearing on our cover. "I was on the phone when my mom told me about it," she explains, "and I started screaming!" Niki's just as thrilled about the photo. She says, "Sharing the cover with Krissy makes it as exciting as the first time I appeared on the cover of SEVENTEEN."

THE DETAILS

Niki and Krissy wear makeup from L'Oréal. *On their faces:* The girls get their smooth finish from Mattique Matte Makeup and Mattique Pressed Powder. *On eyes:* For a dramatic effect, the girls wear Le Grand Kohl Soft Eye Pencils in Café along the lashlines of their upper lids and on their brows, plus Voluminous Mascara in Black on their lashes. *On cheeks:* Microblush Cheekcolour in Camellia was brushed along the cheekbones for warmth, and Microblush Cheekcolour in Brunelle was swept on just below to contour. *On Krissy, left:* Jacket, Rebel House; $130. Hoop earrings, Tomas; $3.50. Scarf, Glentex for The Honey Collection; $12. Ring, Michael Bucher; $12. *On Niki, right:* Blazer, Esprit; $112. Zip-front hooded top, Us Boys; $30. Hoop earrings, Accessories U.S.A.; $5. For stores, see the last pages. Hair by Rodney Groves and makeup by Timothy Metz, both for Vartali Salon, New York. Photographed by Barry Hollywood.



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J C PENNEY

editor's letter

Dear Reader,

We loved having Niki and Krissy Taylor here in New York over a wild weekend of shooting for the cover of this issue of SEVENTEEN and "Taylor-made" (pages 48–53). After all, since our model editor, Donna Rubinstein, *really* discovered her back in 1989, Niki's become like a sister to us. Says Donna, "Niki made her modeling debut in SEVENTEEN, and now Krissy has, too. We're totally into it!"

Here, Niki, Krissy, and the entire crew on the photo shoot in Manhattan's Greenwich Village. (No, the Taylors aren't wearing high heels in this picture. These girls naturally stand tall.) *From left:* Model Editor Donna Rubinstein, Style Director Kim Chandler-Brock, hairstylist Rodney Groves, Niki Taylor, photographer Barry Hollywood, assistant Clayton Burkhart, Krissy Taylor, assistant Ken Robinson, and makeup artist Timothy Metz.

Guest appearance

How excited would you be if you found a major TV star—like John Stamos—sitting in front of you with his feet up on your desk and a huge grin on his face? Very, as were staffers *(from left)* Laura, Shellie, and Christine, when the gorgeous actor from *Full House* dropped by to let us know that he thinks SEVENTEEN is the coolest. He's not so bad himself.

Talk about being in the right place at the right time . . . Elissa Secord and her mom Marilyn *(left)* were at the Louis Licari Color Group in New York (they first read about the salon in SEVENTEEN) when they met our creative director, Nancy Hessel Weber. She liked the Secords' healthy approach to beauty and fitness so much that the next thing they knew, Elissa, sister Lauren, and Marilyn were modeling for our at-home spa story, ''Feel Good Inside . . . and Out'' (pages 72–79). With everything from amazing menus to massages, it's the perfect way to get a great start for a happy year.

Midge

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letters

MODEL BODY

Congratulations! We are very proud of you for choosing Elissa Chaney as the Cover Model Contest winner (October). Elissa has a body that girls like us can aim for, instead of a pencil figure that is virtually impossible to have unless you're born with it or malnourished. Thank you! You proved to us that not all of the media is looking for *just* a skinny body. Also, congrats, Elissa. You make a great model.

Emily R. Lerner & Hannah Emmerich

CLASS STRUGGLE

As students at Emma Willard School, we found your article on boarding schools to be inaccurate and biased (''Boarding Schools,'' October). You seem to portray prep school students as willing or unwilling inmates in some kind of rich kids' prison. Classes at our school are challenging, yes, but the atmosphere is remarkably noncompetitive. Unlike students at many public schools, we aren't even ranked. You're right, we *are* with the same people twenty-four hours a day, but the result, more often than not, is that we make the best friends we have ever had. We learn to deal with people and relationships, rather than running away from them. And that includes people of all races and religions; almost half of our students are minorities, contrary to the image portrayed in your article. Of course, as in any school, it is very difficult to categorize any prep school student as ''normal.'' There are extremely wealthy people here, and people who are only in prep school because they feel like they have to get into an Ivy League college or because their parents, for one reason or another, are forcing them to come here. And there are people who drink, smoke, and do all kinds of drugs. But I think that if you look at any school, you will find rich kids, druggies, and lots and lots of people who would rather be elsewhere. And like any school, a prep school should not be defined by those who are most easily labeled, for good or bad, but by the rest of us, those who choose to go to a school because we want the education that will best get us where we want to go.

Becky Bryan & Sarah Evans

I am writing in response to your article on boarding schools. I loved it! I guess I'm biased because I attend the Mercersburg Academy. Right now, my roommate and I are being held hostage in our room during study hall. I'm glad somebody finally got what really goes on here out in the open. Thanks!

Fed up with the rules, PA

I thought that it was really neat that you showed both the pros and cons of boarding schools from the students' point of view. After weighing both, I've decided I want to apply for scholarships at the schools mentioned in your article.

Jean Van Knight, Maplewood, MN

UNSHELTERED

There was a story in the October issue about being homeless that really hit home (''Seeking Shelter,'' Voices). Four years ago I was living in a shelter with my mom, my four younger brothers and sisters, and my older sister. We ended up there because my grandmom and my mother couldn't seem to get along because of my grandmother's alcoholism. After a couple of weeks of arguing, my grandmother put us out on the street, and we had no place to go. We moved to a shelter where we remained for one week. We were a very fortunate family because my mother was able to find us a home to live in with the help of the city. Living in a shelter made me forget about all the material and superficial things that we had lost, because things like furniture and clothes can *always* be replaced. As a family we stuck together and made the best of our situation. I know that we were very fortunate to be in the shelter for only a week, but that one week seemed like a lifetime. Now, every day, I'm grateful to God that everything worked out right and that my family is still together.

Name withheld, Philadelphia, PA

BOY TOYS

I am writing in response to ''Why Guys Are Competitive About Girls,'' by Robert Love (Guy Talk, October). I totally agree that guys are very competitive with each other about who they go out with and who they are seen with, and this really bothers me sometimes. I see guys rant and rave over only a certain few girls who to them are the best-looking girls they have ever seen, but who, to other girls, have personalities that are for the birds. It is not fair to the girls who are not chosen because of their looks, but who are the most enjoyable and fun to be with. Guys are definitely not the only ones who like to be seen with an attractive partner, because some girls are the same way about guys. I, personally, try to look through outer appearance to someone who is full of life and personality.

Betsy Storey, Marietta, GA

I don't know how many times I've seen love- or lust-sick guys drooling and wasting their time with that one-way love scheme. It's about time someone put all of that on paper (''How a Guy Knows He's in Love,'' October). The article was so well put that I really hope teenage guys all over the world read it and come to their senses and seek that really true and eternal love!

Serina, Bartlett, IL

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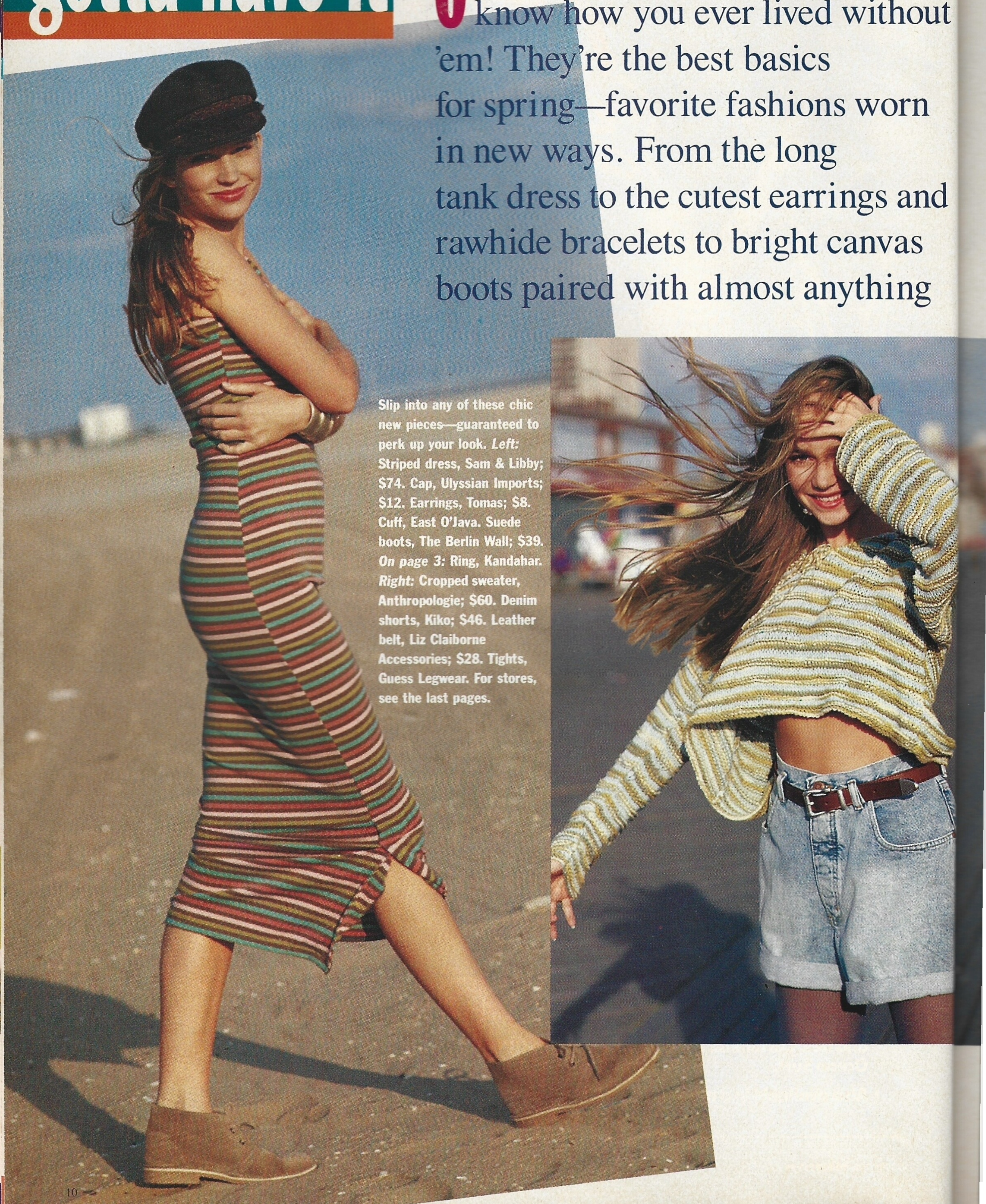
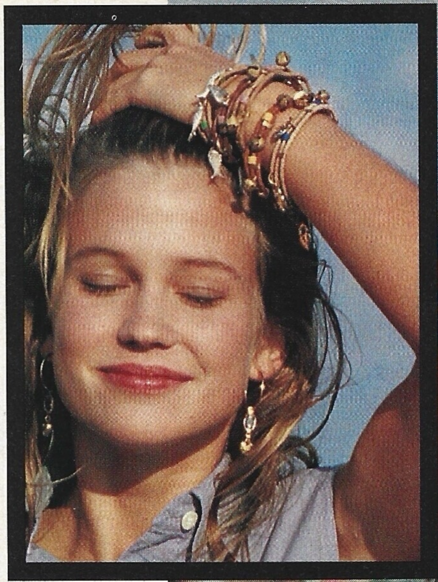
gotta have it

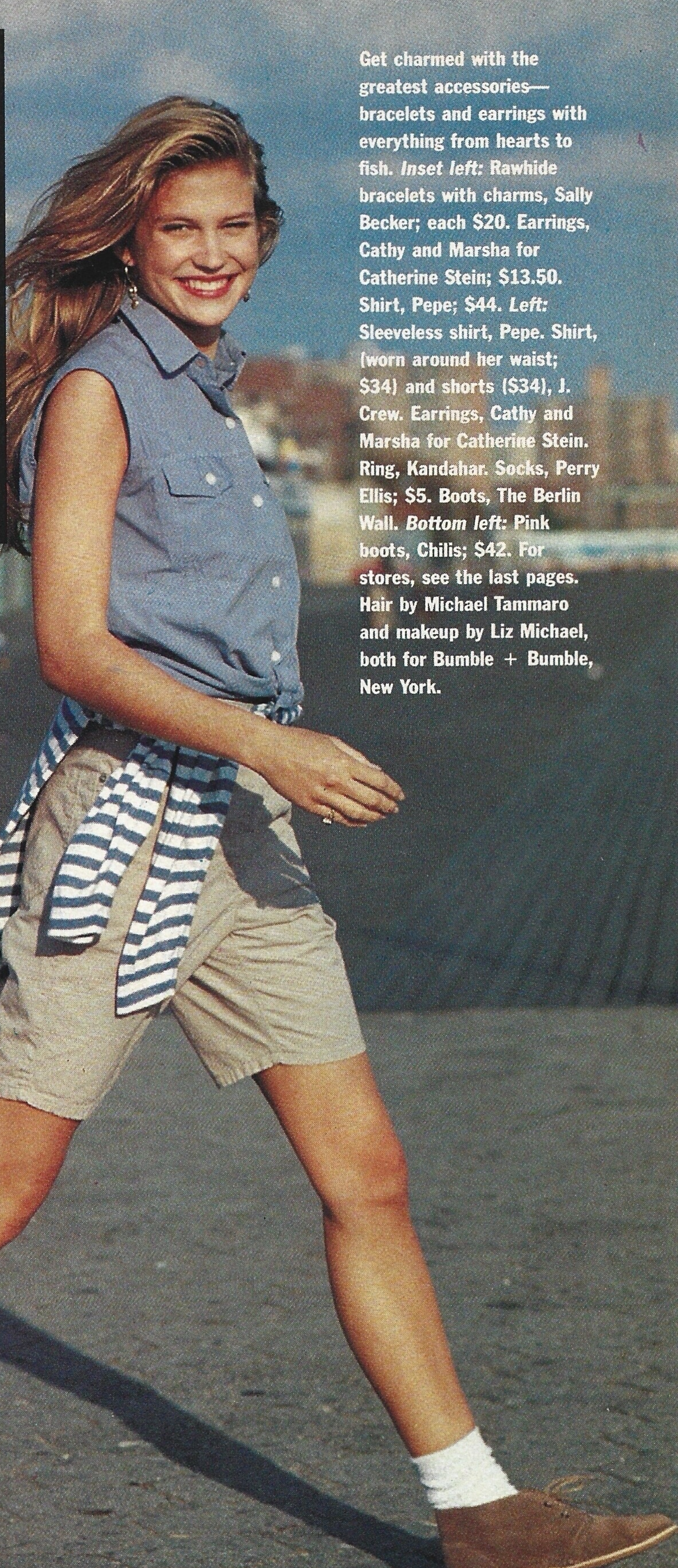
Once you have 'em, you won't know how you ever lived without 'em! They're the best basics for spring—favorite fashions worn in new ways. From the long tank dress to the cutest earrings and rawhide bracelets to bright canvas boots paired with almost anything



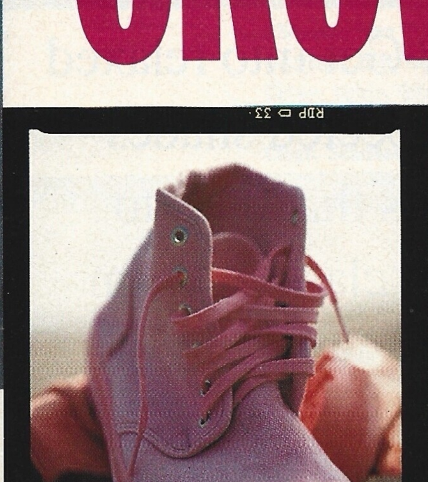
Slip into any of these chic new pieces—guaranteed to perk up your look. *Left:* Striped dress, Sam & Libby; $74. Cap, Ulyssian Imports; $12. Earrings, Tomas; $8. Cuff, East O'Java. Suede boots, The Berlin Wall; $39. *On page 3:* Ring, Kandahar. *Right:* Cropped sweater, Anthropologie; $60. Denim shorts, Kiko; $46. Leather belt, Liz Claiborne Accessories; $28. Tights, Guess Legwear. For stores, see the last pages.

THE "IN" CROWD





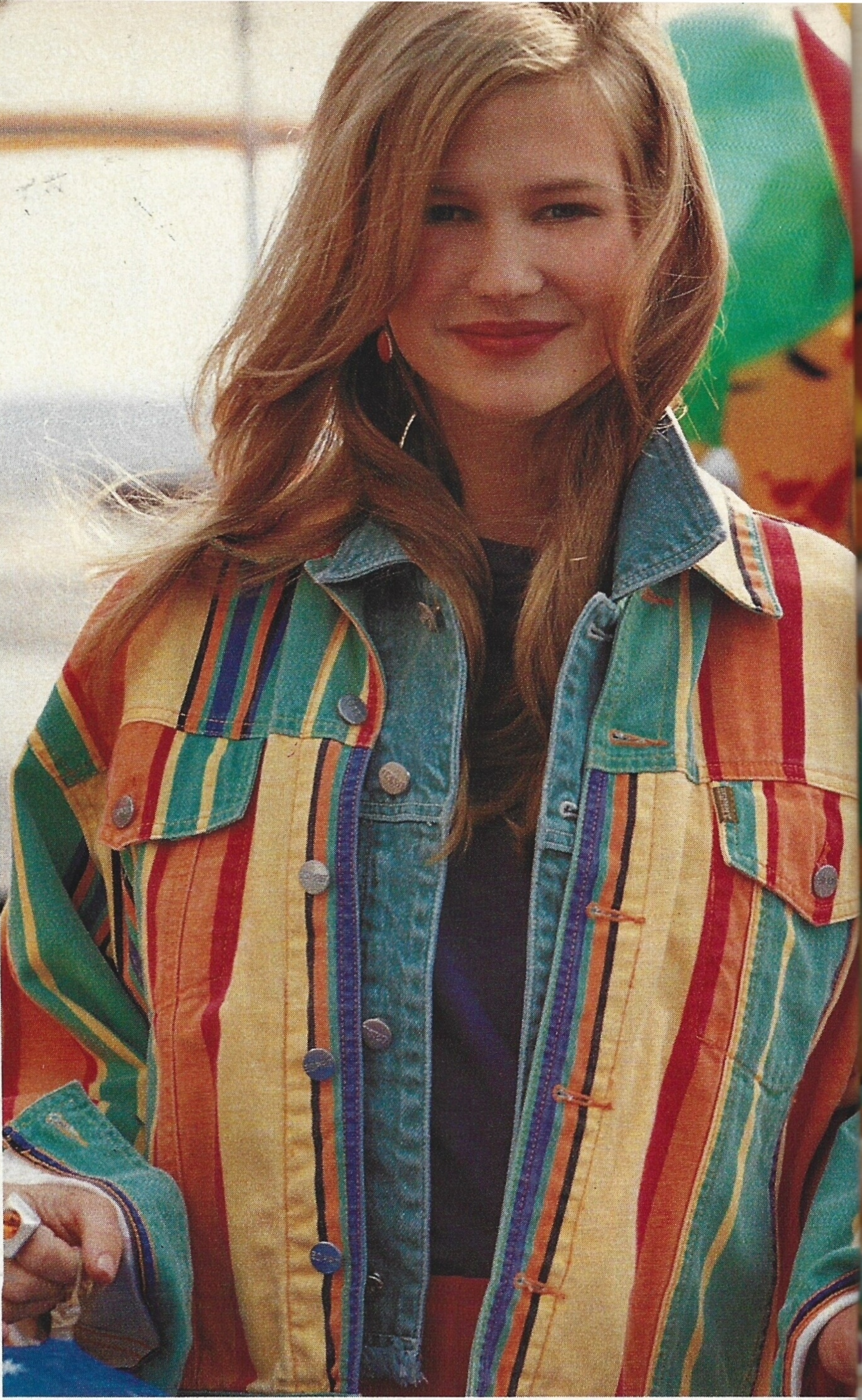
Get charmed with the greatest accessories—bracelets and earrings with everything from hearts to fish. *Inset left:* Rawhide bracelets with charms, Sally Becker; each $20. Earrings, Cathy and Marsha for Catherine Stein; $13.50. Shirt, Pepe; $44. *Left:* Sleeveless shirt, Pepe. Shirt, (worn around her waist; $34) and shorts ($34), J. Crew. Earrings, Cathy and Marsha for Catherine Stein. Ring, Kandahar. Socks, Perry Ellis; $5. Boots, The Berlin Wall. *Bottom left:* Pink boots, Chilis; $42. For stores, see the last pages. Hair by Michael Tammaro and makeup by Liz Michael, both for Bumble + Bumble, New York.

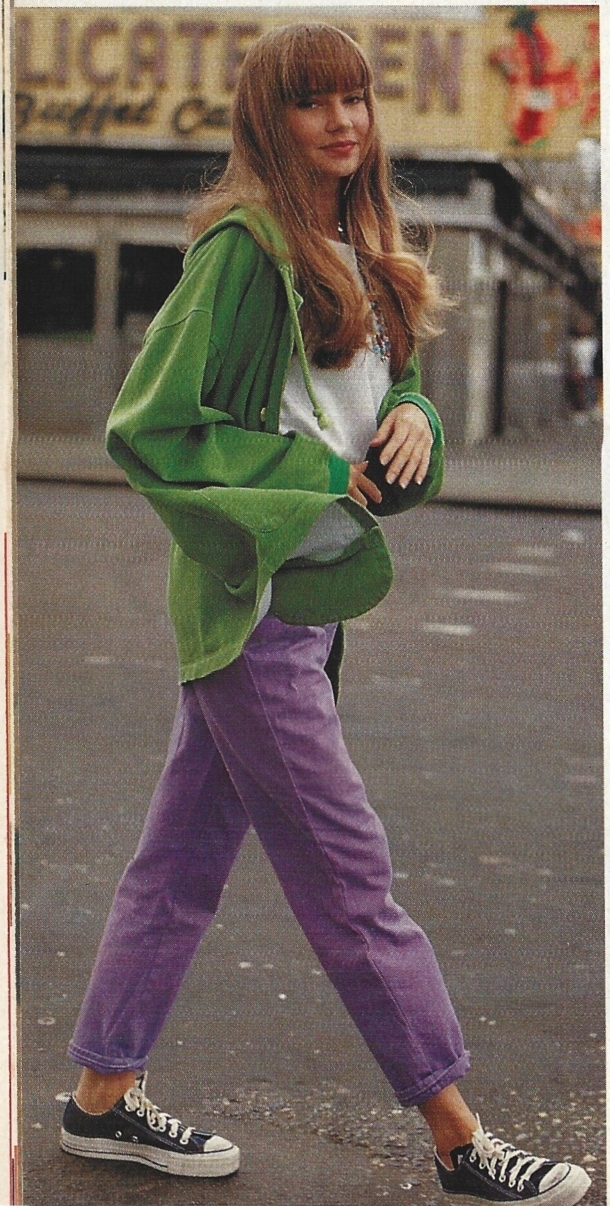


PHOTOGRAPHED BY DANNY SIT

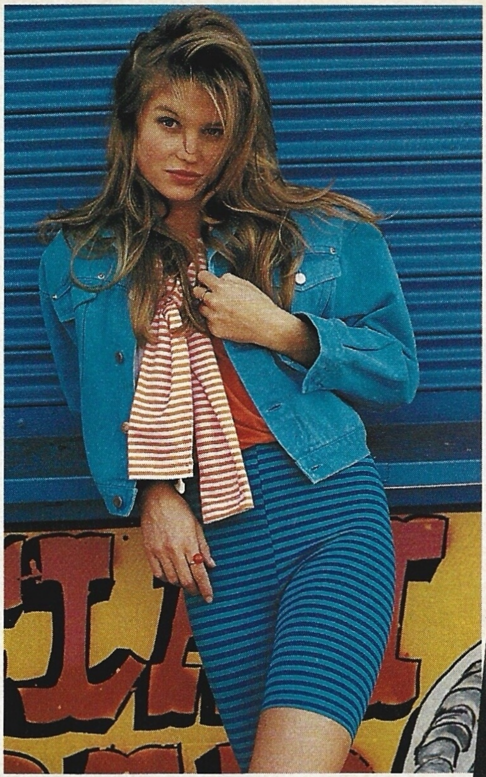
gotta have it

How to jazz up anything from jeans to shorts—add a denim jacket that's crazy with color. *Right:* Striped denim jacket, EDC by Esprit; $74. Denim vest, Get Used by Elie; $56. T-shirt, Allen Allen, USA; $18. Earrings, Cat Too by Sarah Catarevas; $40. Silver rings with colored stones, Ziggy Originals; each $17. *Below:* Green piqué anorak, M'Otto Red Dot; $65. T-shirt, Ruff Hewn; $35. Five-pocket jeans, Gitano; $26. Necklace, Interport. Sneakers, Converse; $31. Stores, on last pages.





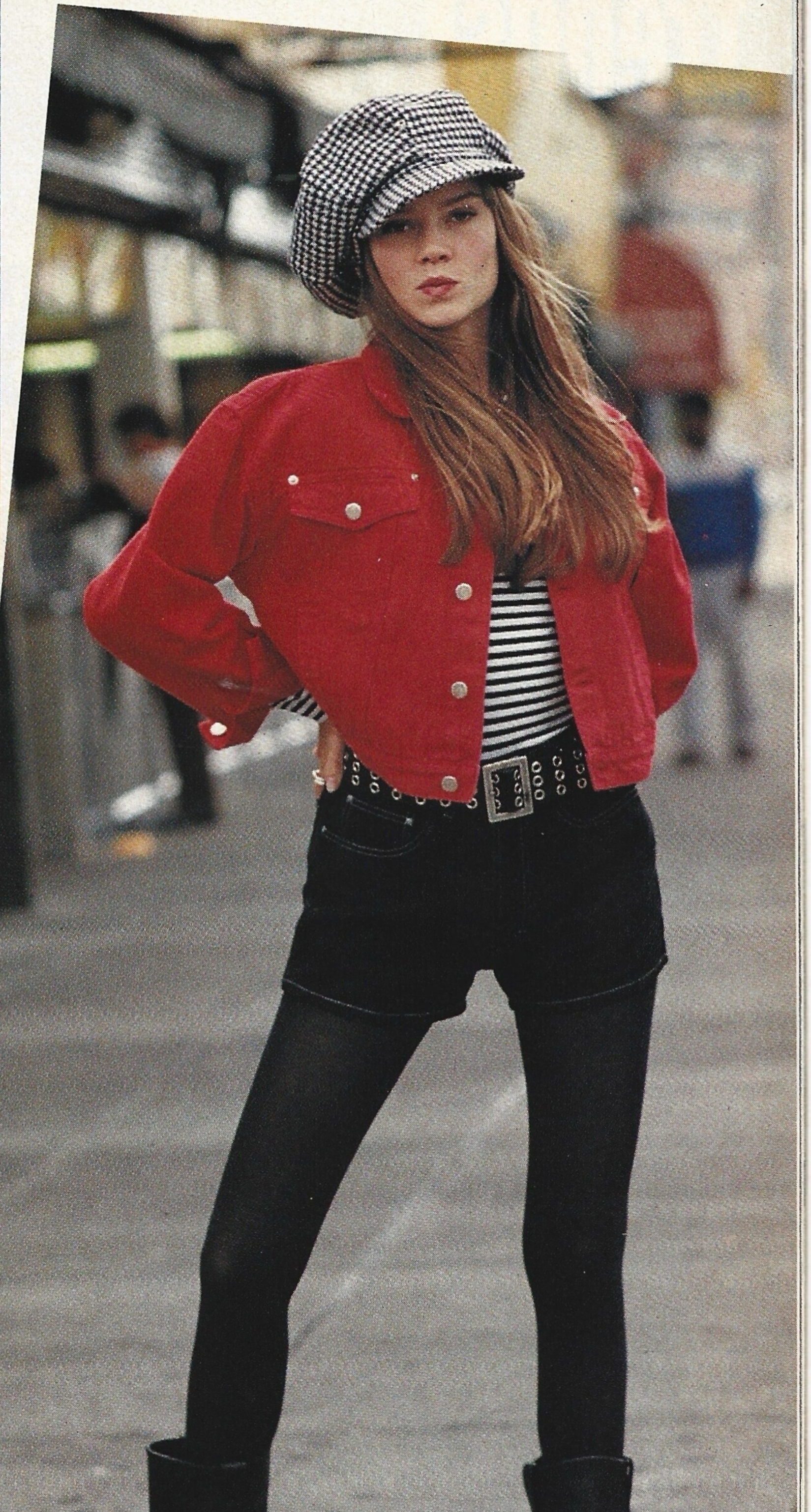
How to look *now*? Get into relaxed shapes and unexpected shades—seasonless essentials that dare to be different. It's the classic denim jacket made striking with stripes, the apple-green anorak, great short shorts, and a pair of clogs that are so cool, they're red hot

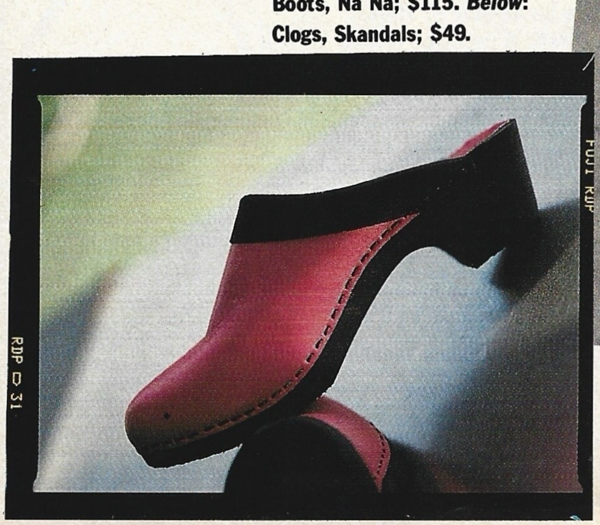


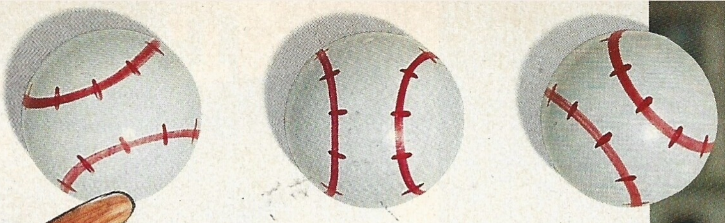
Short shorts—to wear with tights now or without them for spring. *Above:* Turquoise denim jacket, Squeeze; $48. T-shirt, Weavers; $16. Shirt, Esprit; $38. Bike shorts, Marika; $23. Rings, Winky & Dutch; each $6. *Right:* Red denim jacket, Squeeze; $48.

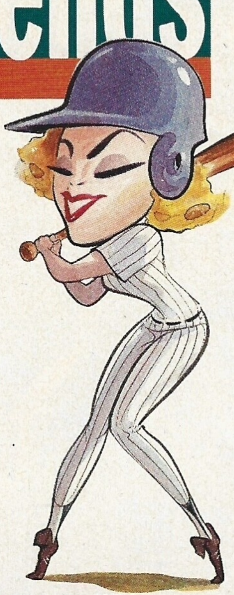
FUNKY

Striped bodysuit, Cotu'j by Hotline Sales; $39. Denim short shorts, Sam & Libby; $34. Hat, New York Hat & Cap Co.; $23. Belt, Ian McColl. Cotton tights, Gitano; $6. Boots, Na Na; $115. *Below:* Clogs, Skandals; $49.





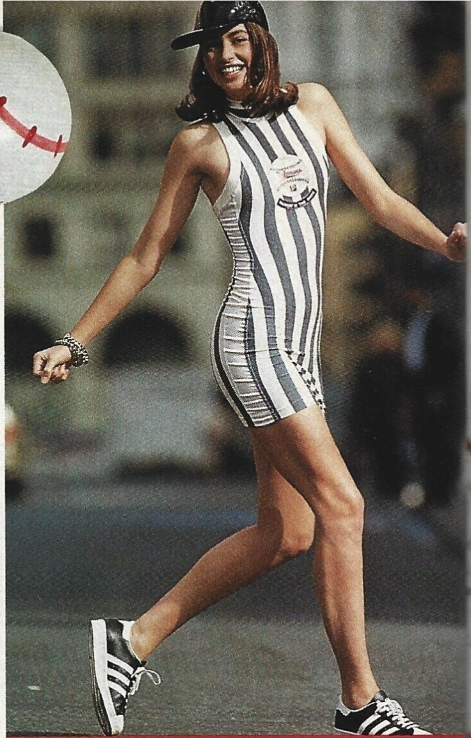




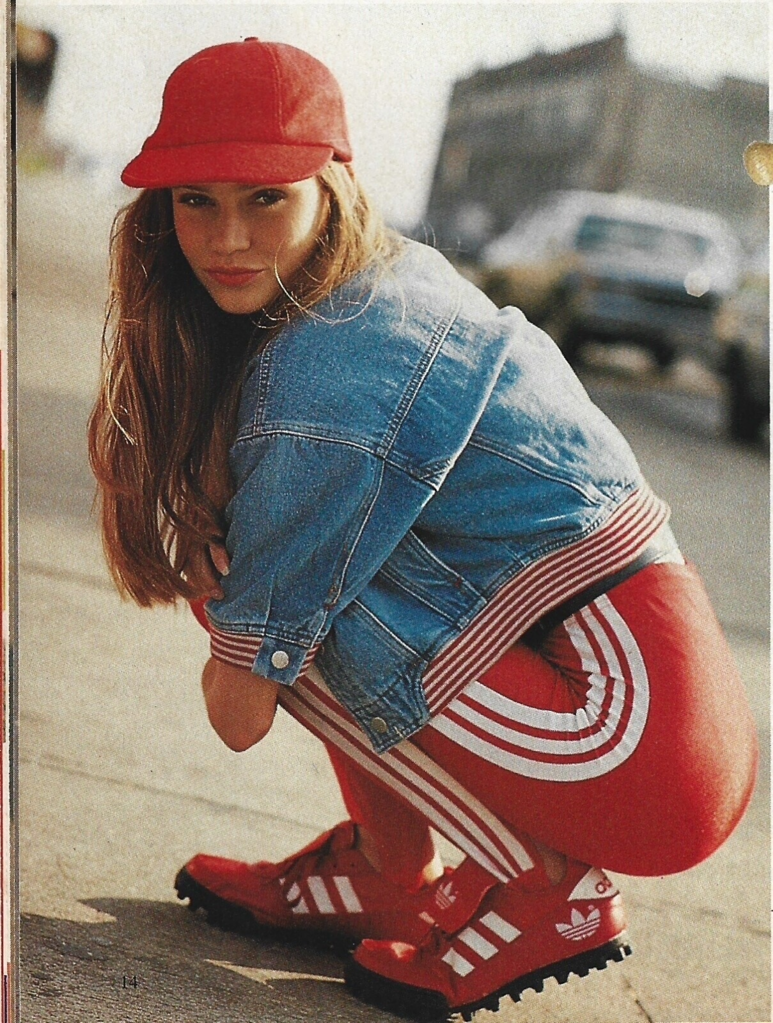
BAT GIRLS

So you want a winning look this season? Suit up in baseball-inspired shapes, cool stripes, and team caps. Straight from fashion's field of dreams . . .

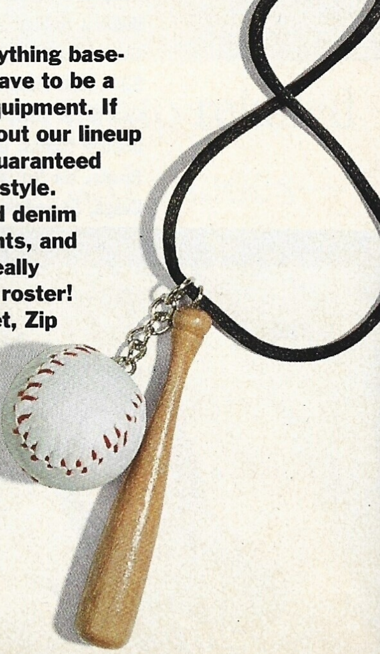
Above: **With Madonna's new movie, *A League of Their Own,* due out this summer, baseball style isn't just coming out of left field. *Above right:* Have a ball. Button covers, Sport; set of six, $16.**



How to make a major-league fashion statement: Slide into this stretchy dress—with team stripes—and a slick baseball cap . . . the season's biggest hits. Dress, Performance Sport; $48. Cap, R. Phillips; $25. Bracelets, Speidel. Sneakers, Adidas.



Once spring fever hits, anything baseball goes. And you don't have to be a fan to own some of the equipment. If you want to score, check out our lineup of looks—so hot they're guaranteed to make you an all-star of style. What's on first? A cropped denim jacket, striped athletic pants, and team caps that the pros really wear. Definitely a winning roster! *Left:* Denim baseball jacket, Zip Code; $54. Stretch athletic pants ($38) and sneakers, Adidas USA. Cap, New York Hat & Cap Co.; $12. *Above:* Baseball, mitt, and bat pin, Sport; $12. Team caps, Starter; each $17. *Right:* Bat and ball pendant, Sport; $14. Stores, last pages.



Illustration, Eric Palma. Bottom left model photo, Danny Sit. Hair by Michael [illegible] and makeup by Liz Michael, both for Bumble + Bumble, New York.
Top right model photo, Peter DePalo. Hair by Runel Enojas and makeup by Liz Michael, both for Bumble + Bumble, New York. Still lifes, William Millot.

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GIRLY MEN

DO GUYS WISH YOU LOOKED AND ACTED LIKE THE WOMEN IN MEN'S MAGAZINES? EIGHTY-ONE PERCENT OF THE GUYS IN OUR NOVEMBER "LOVE AND SEX IN THE '90s" SURVEY SAID NO. WHAT DOES BOB THINK?

It all started so innocently. It was the four of us: Josh, Karen, Jill, and me. We were hanging out in Jill's older brother's room (he's away at school) when we found the magazine. I won't say which magazine it was, but let's just say it had a centerfold. Her name was Cyndi.

"She's totally hot," said Josh.

"I'm in extreme agreement, dude," I said, throwing him a high five. "I wouldn't throw Cyndi out of my Jeep."

Okay, we were just kidding around with the girls, but suddenly they got serious.

"How could you say that?" Jill said as she unfolded Cyndi. "She doesn't even look real. I bet it's all just plastic surgery. And do you guys realize you are treating this girl like she's some kind of object? Besides, you don't even have a Jeep."

Karen nodded her head and laughed sarcastically. "Come on, you droolers. Did you ever see a real girl act like *that*?"

Well, we'd never actually seen anyone act *exactly* like that. "But that's the point," I said. "She's not real. She's this glossy thing on the pages of a magazine. She has no zits or cranky moods or bad breath. So for a few minutes we can look at her and dream. . . ."

"Dream on," Karen said. "You guys have zits and bad breath. And I bet Cyndi would just love it when your voice cracks and gets all high and whiny."

"Right," said Jill, laughing. "But I bet if she walked into the room right now, they'd knock each other out trying to get to her."

Josh and I both knew what the other one was thinking—that it's not exactly black and white for us. We know that guilty feeling you get when you look at a girl as a sexual object. But it also feels entirely human to look at pictures of beautiful, naked women. (Besides, I've seen the pictures of those guys from *90210* pasted in their notebooks.) So, would we want to go out with her?

"I'd be too nervous to enjoy it," said Josh. "I mean, she's in a magazine that millions of guys see. I'd hate walking down the street with her and having every guy turn around and look. Somehow I think she'd be bored with just one guy, namely me, if she's looking for that much attention."

"See, a centerfold can cast a spell over you when you're alone," I said, "but if you started thinking about introducing her to your friends and parents, things would begin to fall apart. I doubt Cyndi is actually going to care that I'm upset because I didn't make first-string varsity basketball. For me, the thought of actually folding her into my life—taking her to the movies or going shopping—never comes into the picture."

Even after all of our explaining, Jill and Karen were still angry. I guess I can see why. Centerfolds are sometimes held up as models of how sexy and attractive a girl is supposed to be. Girls can't help but compare themselves and wonder: Do guys really like this? Is this how they want *us* to act?

The answers are yes, and no. A centerfold is just a piece of paper with a photograph that carries a single idea. A guy fills in the rest in his mind. Which is fine right where it belongs—in the middle of a magazine. But acting like a centerfold in real life is way too obvious. It's like a cartoon of a girl. I get a kick out of seeing the Terminator give it to the bad guys in the movies, but I can't imagine trying to act like that in real life.

In real life, the most attractive girls have more than one side to them. They're not only cute—they're smart and nice. And real.

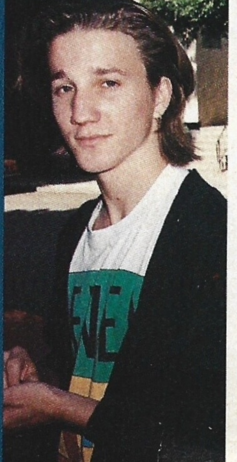
Seeking a centerfold?

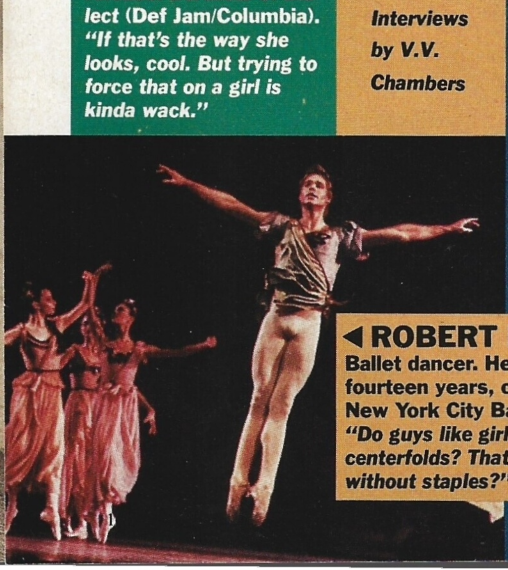
Interviews by V.V. Chambers

▲PETE NICE, 24
Rapper. One third of the group 3rd Bass. Latest release: *Derelicts of Dialect* (Def Jam/Columbia).
"If that's the way she looks, cool. But trying to force that on a girl is kinda wack."

TIGER WOODS, 16▶
Golfer. Current (and youngest ever) U.S. Junior Amateur champion. Six-time Optimist Junior World cup winner. He's been swinging clubs since age one.
"A girl should be attractive, but other things matter, too, like being polite, kind, fun to be with."

BRECKIN MEYER, 17▼
Actor. Appeared in *L.A. Law* and *The Wonder Years* and on the big screen in *Freddy's Dead: The Final Nightmare.*
"At my school there's a lot of stereotyping, and that kind of girl is one of the big stereotypes. I don't buy into all that."





◀ROBERT LYON, 23
Ballet dancer. He's been dancing for fourteen years, currently with the New York City Ballet.
"Do guys like girls who look like centerfolds? That depends—with or without staples?"

What drives you crazy about guys? Tell Bob. Write Mr. Love, SEVENTEEN magazine, 850 Third Avenue, New York, NY 10022. Sorry, he can't respond personally, but he may mention your letter in his column.

BY ROBERT LOVE

Pete Nice photo, Kristine Larsen. Robert Lyon, Costas. Tiger Woods, Billy Weeks. Breckin Meyer, Julian Meyer. Illustration, Lisa Blackshear.

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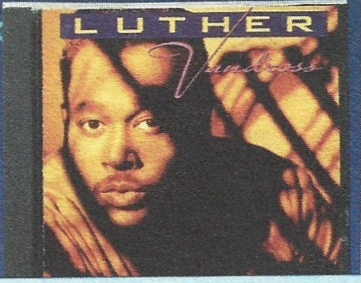

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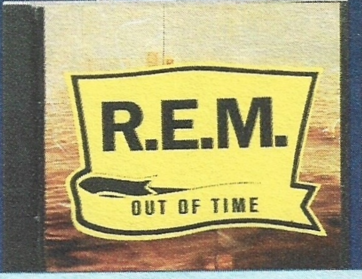

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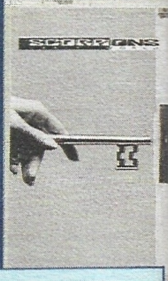

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THE RIPPINGTONS CURVES AHEAD 426·874 GRP	YES FRAGILE 351·957 ATLANTIC	HOLLIES EPIC ANTHOLOGY 409·730 EPIC	THE BYRDS GREATEST HITS 342·501 COLUMBIA	SANTANA GREATEST HITS 244·459 COLUMBIA	GARTH BROOKS NO FENCES 411·587 CAPITOL	AC/DC The Razor's Edge 410·662 ATCO	WILSON PHILLIPS 406·793 SBK
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This discount purchase also entitles me to these 2 extra cassettes FREE!

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- ☐ **Dance Pop** *C&C Music Factory, Sheena Easton*
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- ☐ **Classical**

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☐ **Mrs.** ____________________ **Age** ________
☐ **Miss** *(Print First Name)* *Initial* *Last Name*

Address ____________________ **Apt.** ________

City ____________ **State** ____________ **Zip** ____________

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- **Buy only what you want!** If you want the Regular or Special Selection, do nothing—it will be sent automatically. If you'd prefer an alternate selection, or none at all, just mail the response card always provided by the date specified.
- **You always have 10 days to decide;** if not, you may return the Selection at our expense.
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- BRUSH BROWS AND LASHES UP WITH CLEAR MASCARA; LET DRY.
- APPLY BR/BLACK MASCARA TO UPPER LASHES ONLY.
- LINE LIPS WITH COLOR 4; THEN COLOR LIPS IN WITH SIDE OF PENCIL; BLOT.
- APPLY COLOR 3 TO LIPS; BLOT.

sasha's page

SHOPPING SUI

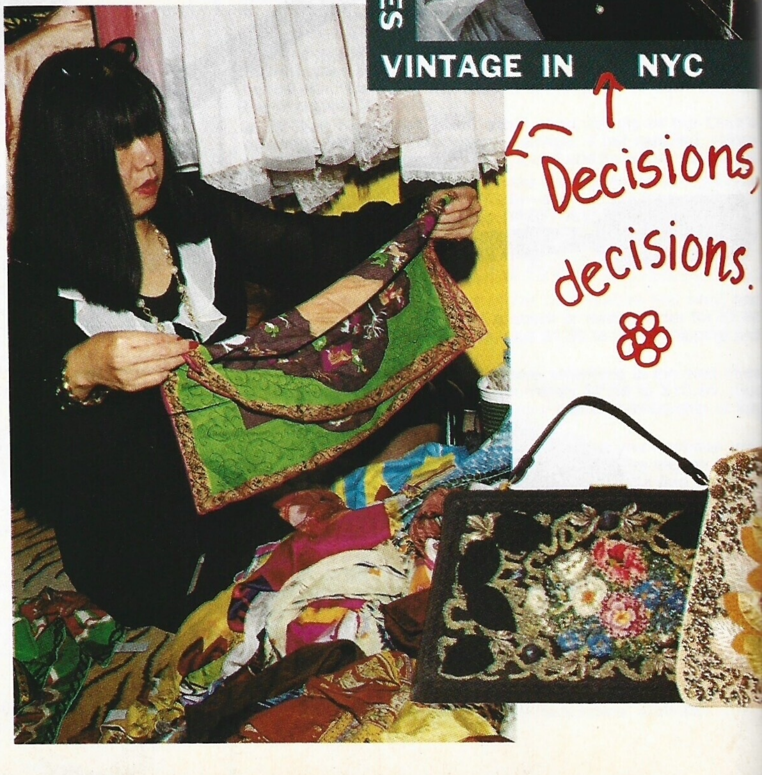
May I present Anna Sui, one of the hottest designers to hit the racks in years. That's because Anna rummages through secondhand stores in search of vintage fashions for inspiration. And she's also big into old issues of this here hip magazine, SEVENTEEN. Okay, so when I heard that, I called her up and said, "Your Coolness, let's shop." Here, a few of the funky looks Anna put together from some of Manhattan's most major thrift boutiques. I'm outta here...

XOXO
Sasha

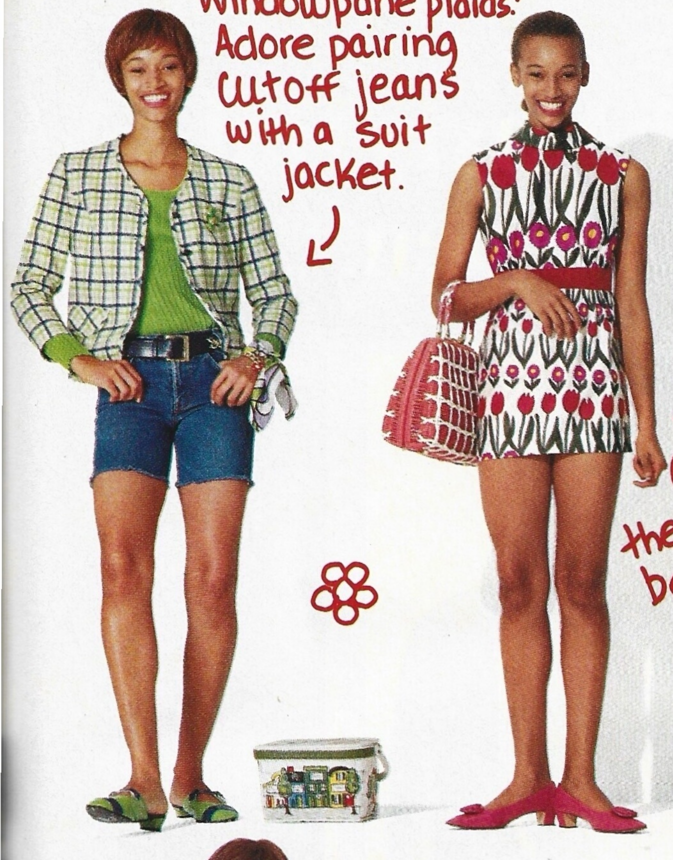
That's Anna *(near left)* and model Jacqueline *(far left)* in an Oscar de la Renta dress that Anna found at a secondhand store. Dress, Screaming Mimi's; $45. Shoes, Patricia Field; $30.

Check out the opposite page: vintage pieces that Anna put together for neo looks. *Top left:* Jacket ($24), cutoffs ($12), purse ($36), and scarf ($6), Reminiscence. Top, Patricia Field; $18. Wig, Jacquelyn Wigs. Belt ($18), bracelet ($32), and mules ($12), Screaming Mimi's.

ANNA AND I DOING REMINISCENCE AND ROSES VINTAGE IN NYC

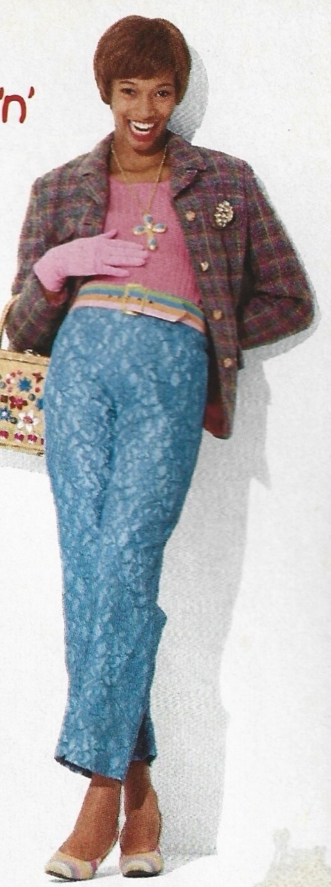


Decisions, decisions.

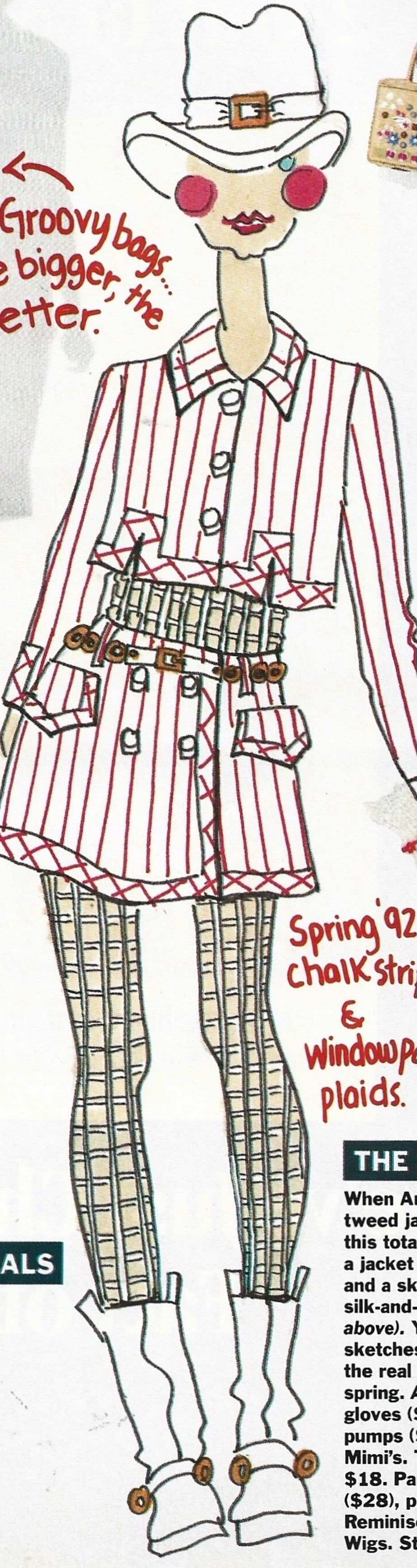


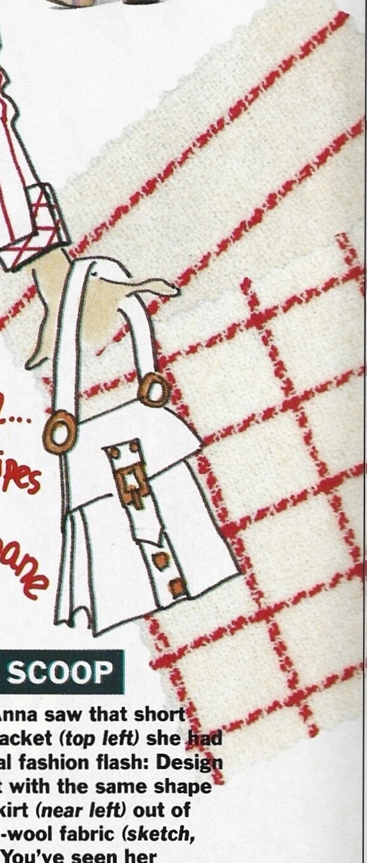
Windowpane plaids! Adore pairing cutoff jeans with a suit jacket.

Groovy bags... the bigger, the better.

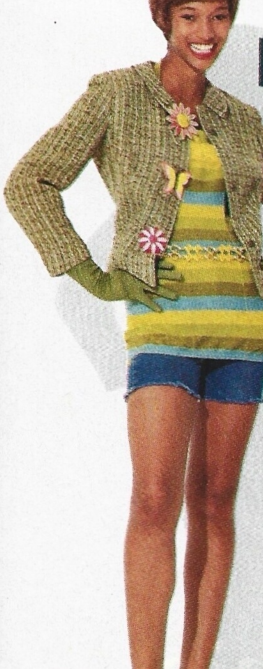


It's Fun to color-coordinate belts 'n' Shoes.





Spring '92... chalk stripes & windowpane plaids.



CHIC AND THRIFTY

When was the last time you mixed bright stripes with florals and tweeds? Hey, to Anna it's like matching black with white. She's so fresh! *Left:* Jacket ($18) and cutoffs, Reminiscence. Bathing suit ($30), belt ($12), and gloves ($14), Screaming Mimi's. Wig, Jacquelyn Wigs. Pins (worn as buttons and shoe clips), Lois Nulman Studio; each $25. Shoes, Patricia Field; $30. *Above, center:* Dress ($34) and shoes ($30), Patricia Field. Purse, Reminiscence; $24.

ANNA'S PURSE-ONALS

THE SCOOP

When Anna saw that short tweed jacket *(top left)* she had this total fashion flash: Design a jacket with the same shape and a skirt *(near left)* out of silk-and-wool fabric *(sketch, above).* You've seen her sketches, now get a load of the real thing at stores this spring. *Above:* Jacket ($55), gloves ($8), belt ($18), and pumps ($28), Screaming Mimi's. Top, Patricia Field; $18. Pants ($24), purse ($28), pin, and necklace, Reminiscence. Wig, Jacquelyn Wigs. Stores, last pages.

Photos, Leonard Lewis. Hair and makeup, Linda Daniele for Pipino-Bucchieri, New York.

Fact: Ordinary Maxis Fail
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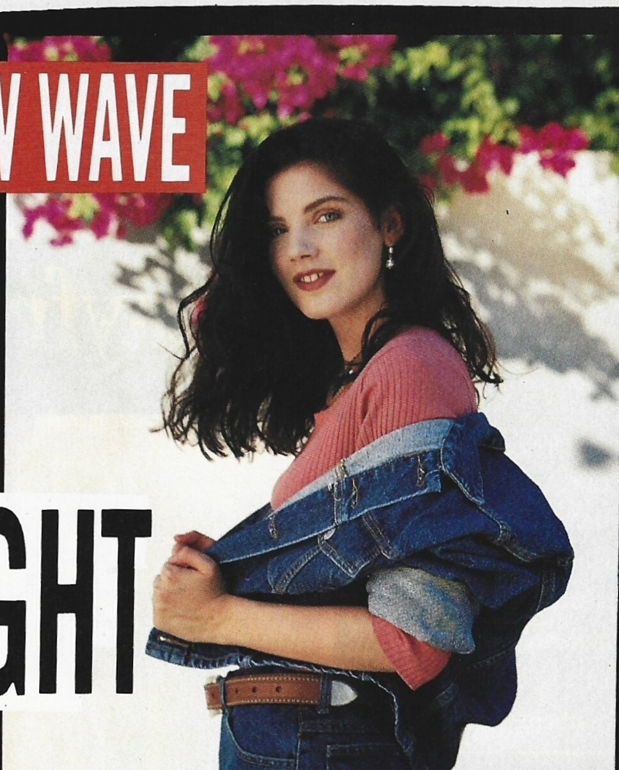
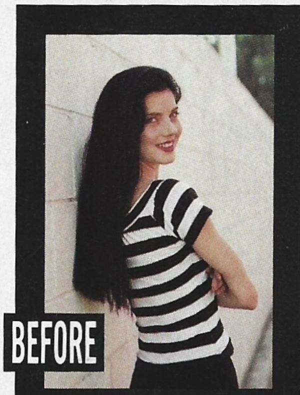
makeover

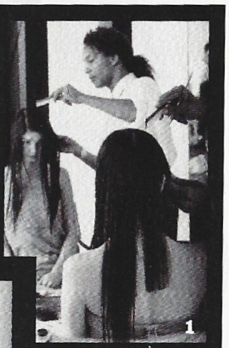
DYE-IT RIGHT

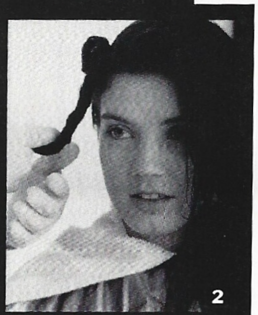
From overdone black to healthy brunette . . . how Tommi got her true hue back

A NEW WAVE



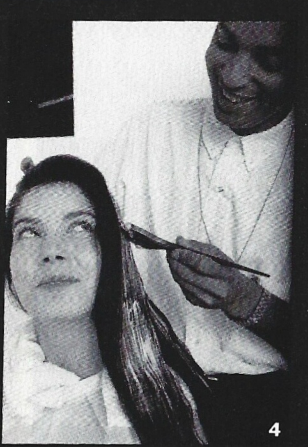

BEFORE

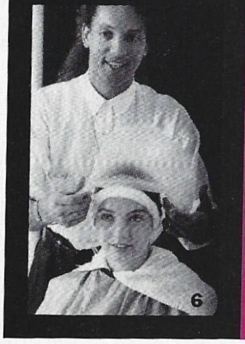




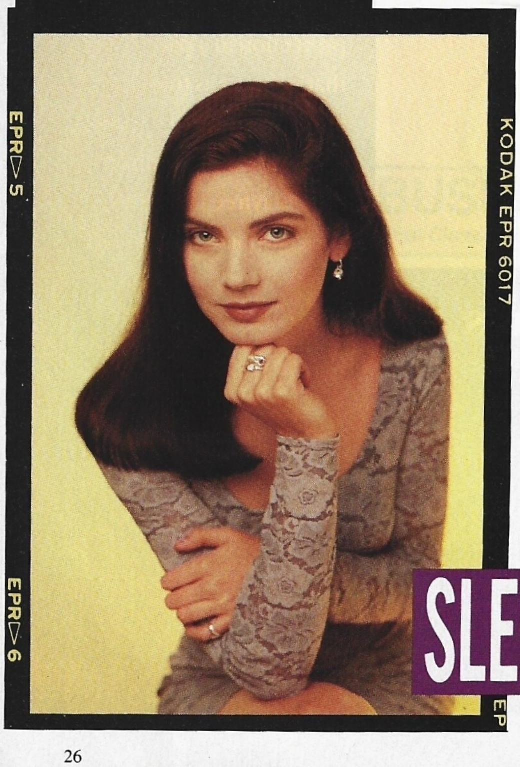
(1, 2, 3) Kaz thought Tommi's long hair overpowered her small face. So he angled her bangs and trimmed the bottom to give it body and a gentle wave.

After nine years of bleaching and coloring her hair (it was once even pink!), Tommi Tucker-Ross, twenty-one, was totally into getting her dry, damaged locks back into shape. So we sent her to Kaz Amor, stylist at Visions salon and creative expert at Sebastian. First, to restore her natural shade, Kaz brushed color remover on Tommi's hair. Then he applied Cellophanes Plus color treatment in Polished Amber to enhance her brunette hair with a translucent shade of brown. Finally, Kaz angled Tommi's bangs and trimmed the bottom so she can wear it naturally wavy *(top right)* or sleek *(bottom left)*. The result: healthy hair this California girl swears she'll ''definitely keep this way.''





(4, 5, 6) Instead of covering up her natural hair color, Tommi opted to play it up. So Kaz washed away the dyed-black tone with a color remover, then brushed on a subtle shade of brown that also added shine.



SLEEK STYLE

beauty q & a

Help! My hair is wavy and I'd like to have a straight look. Any ideas?

—VIVIENNE G., RALEIGH, NC

To straighten your hair, you can use a blow dryer or a flat iron (similar to a curling iron, but with a flat wand instead of a round one). The blow-drying method gives more bounce and body and is best for fine, thin hair. Here's how: Blow-dry wet hair section by section, using a large, flat brush. Hold each section out straight, away from your head, keeping the hair taut. When the section is dry, pin it out of the way. Once all hair is dry, unpin it and brush to smooth. A flat iron makes for stick-straight strands and works best on thick hair. (A great one to try is Conair Geometrics.) To use: Rub a bit of leave-in conditioner into damp hair, concentrating on the ends, to protect hair from the heat of the iron. When hair is completely dry, separate it into sections. Apply the hot clamp as close to the scalp as you can *without* touching your skin. Then slowly slide the clamp down the section of hair to the ends. Repeat two to three times per section as needed to unkink your curls. Source: Ilise Heitzner-Harris, hairstylist/makeup artist.

I've just started wearing makeup, and my mom thinks I wear too much. So how much is just enough?

—CANDI B., BOSTON, MA

Here are some tips for natural-looking makeup: ***Eyeliner:*** This accentuates eye shape, not color, so stick to muted, neutral tones. Brown and black are good because they match the lashes. Gray and even dark green can work, but bright blue looks too artificial. Apply liner from the center to the outer corner of upper and lower lids. The easiest liner to work with is a pencil with a medium point and a creamy texture. ***Eye shadow:*** Neutral shades like coppery brown and taupe are most flattering to all eye colors. Stroke shadow on the upper lid, close to the lashline and *slightly* heavier at the outer corner. ***Mascara:*** Apply two light coats of brown or black mascara to upper lashes. Comb through after each coat to get rid of any clumps. ***Foundation:*** Skip the thick creams or you'll look as if you're wearing a mask. Instead, opt for a light-textured liquid, or if your complexion's in good shape, forego foundation entirely and dust on translucent powder to even out skin tone and get rid of shine. ***Blush:*** Check out your cheeks right after you've had a workout. See that healthy glow? That's the color of blush you should buy. To apply, smile to find the ''apples'' of your cheeks. Brush a bit of blush onto those spots and extend outward—but not as far as the hairline. ***Lipstick:*** Soft pink and rose are delicately pretty; red is way more wow. Use a lip brush to apply lipstick (it gives better control), then blot with a tissue. Source: Bumble + Bumble makeup artist Liz Michael.

I'm going on vacation to the Caribbean and I don't want to look totally pale. But I also don't want to sun-damage my skin. What should I do?

—JANNE L., STATEN ISLAND, NY

For a safe, subtle, fast faux glow, try self-tanning. You'll get ''tan'' without the sun and stay that way for days. First, *before* you use a self-tanning product, do a patch test to make sure you're not allergic to it and that the color suits you. Then exfoliate skin in the bath or shower and shave your legs. Once skin is completely dry, smooth the self-tanner evenly over body and face. Go easy on the joints—elbows, knees, ankles. These areas absorb more color (which can cause them to take on an orange cast). Wash your hands immediately to keep your palms from darkening. Also, don't get dressed until the tanner is thoroughly absorbed into the skin or it can stain your clothes. To maintain the tan, reapply the product two or three times a week. Crucial: Always apply sunscreen with SPF 15 or higher when you go out in the sun. Remember, self-tanners make you look darker, but your skin is just as vulnerable to burning.

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AGE: 21
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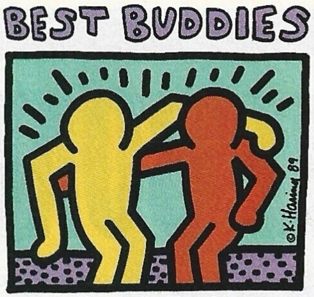
hot talk

WE'RE TALKING ABOUT...



Sign of affection

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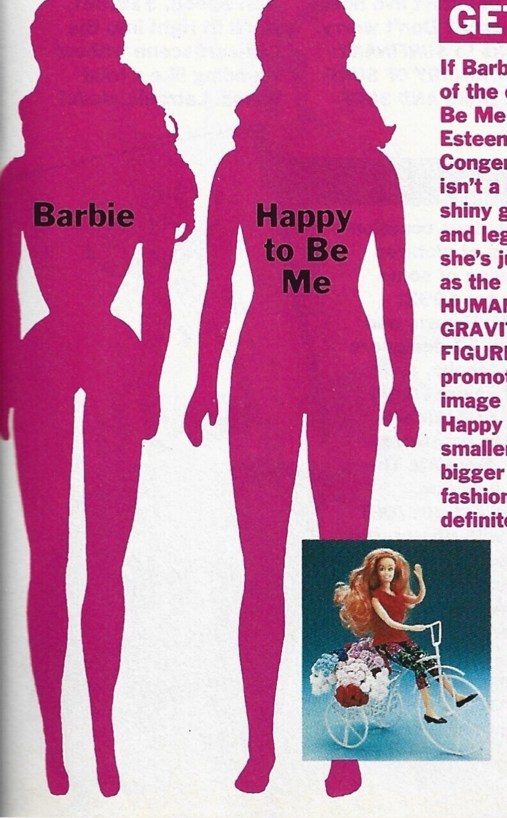
■ **DEVELOPING A SPECIAL FRIENDSHIP.** Best Buddies matches up college students with people with mental retardation. If you're interested in becoming a Best Buddy, call 1-202-347-7265.

■ **A SERIOUS GIFT.** Like, $10 million! Women's rights activist Peggy Yorkin gave the major sum to the Fund for the Feminist Majority as a wake-up call for women. "Women's rights and lives are under attack," says Yorkin. "We must take dramatic action." The money will be used to create a Feminist Empowerment Center.

BAD INFLUENCE?

We know guys are distracting, but *really*. In *U.S. News & World Report*'s 1992 ranking of the most selective liberal arts colleges in the nation, **20 PERCENT OF THE TOP 25 SCHOOLS WERE WOMEN'S COLLEGES.** Kind of amazing, considering that less than 4 percent of the country's liberal arts schools are women's colleges.



GET HAPPY

If Barbie's the Miss America of the doll set, the Happy to Be Me doll from High Self-Esteem Toys is Miss Congeniality. Not that Happy isn't a knockout—she's got shiny ginger hair to die for and legs that go on forever—she's just not quite as shapely as the Barb (IF BARBIE WERE HUMAN, SHE'D HAVE A GRAVITY-DEFYING 36-18-33 FIGURE). Designed to promote a more realistic image of a woman's body, Happy has a thicker waist, smaller bust, wider hips, and bigger feet than her high-fashion counterpart. It's definitely a great idea, but with her unmistakably Caucasian features and hair curling down past her waist, she really only represents one slice of American life. Now if she could just borrow some of Barbie's super-stylin' threads . . .

'93
Island Orchid
Mica
Imperiale
Dolphin
CITRINE

COLOR COMMENTARY

What colors will you be living in this year? According to the Color Marketing Group (CMG), a 1,200-member association of color professionals that predicts color trends, you'll be seeing shades of DOLPHIN, ISLAND ORCHID, IMPERIALE, MICA, SANDSTONE, CASSIS, AND CITRINE on everything from sofas to sandals. Sound good enough to eat? Wait until 1993, when Poppy, Passion, and Sorbet will be the rage. Too bad we can't show you the colors—the CMG only shows members.

COLLEGIATE PURSUIT

The National Association of Secondary School Principals (NASSP) thinks college preparation is just fun and games. Well, sort of. Its Test Taking Advantage board game ($39.95 plus $5 shipping) lets you prepare for the SAT while you impress your friends at parties. **INSTEAD OF NAMING ALL THE BRADY KIDS, YOU HAVE TO TACKLE SAMPLE SAT QUESTIONS.** Oooh, fun! The NASSP says long-term test preparation *can* make a difference—and the game does look more exciting than a book—so call 1-800-253-7746 and order yours now.

■ CAN YOU BELIEVE IT'S ALREADY NATIONAL FROZEN PIZZA MONTH? WHERE DID THE YEAR—AND THE 1.8 *BILLION* SLICES SERVED ANNUALLY—GO?

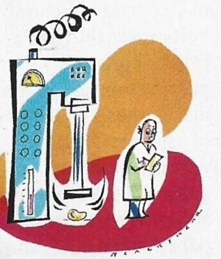
VIOLENT FEMMES

What can you say about a magazine that features articles like "Adapting Handguns for Women" and "The Women of Paintball"? How about: *Is this a joke?* When we first saw the October cover of *Women & Guns,* featuring a *mucho*-macho photo of a machine gun–toting Linda Hamilton, we didn't know what to make of it. We still don't. To be fair, *W & G* does print helpful bullet-free articles, such as "How to Spot Danger and Get Away Fast," but most of the pages are filled with deadlier items, like "Concealed Carry for Women" (featuring grainy photos of women stuffing guns into fanny packs, purses, and something called a "midriff holster"). We think all women should learn how to defend themselves, but are guns 'n' bullets really the answer?

cool talk

IN FACTS

- **Number of pounds of potato chips the average American eats each year: 6**
- **Number of years a University of South Florida engineering professor has studied the crunching of potato chips: 6**



- **Percentage of women who make themselves feel better when they're blue by telephoning a friend: 58**
- **Percentage of men who do: 29**

- **Percentage of women who make themselves feel better by eating: 26**
- **Percentage of men who do: 16**

ELECTION '92

ROCK THE BOAT

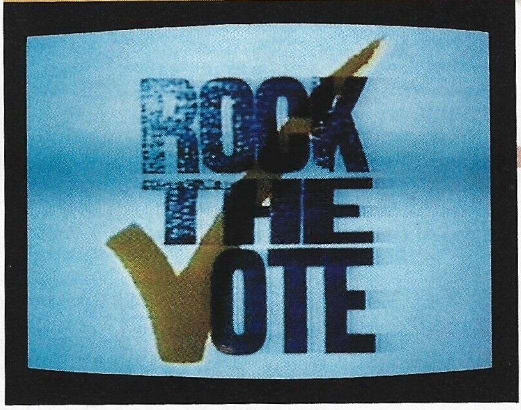
Welcome to 1992. Year of the Monkey, the Olympics, and election fever. That means hundreds of speeches and television ads by candidates in blue blazers and red ties or power suits and pearl earrings. But beneath all the catchy slogans and theme songs, there are serious issues—like the environment, homelessness, abortion, and the state of the economy—that will directly affect how you live your life for *at least* the next four years. During the next few months, we'll be taking a look at what the suits are saying and showing you how to let them know what's on *your* agenda.

One organization that's fighting for your right to shake the system is Rock the Vote. Formed by people in the recording industry, Rock the Vote is trying to help more young people make it to the ballot box—on average, four out of five newly eligible high school students don't vote. Rock the Vote thinks that restrictive registration laws, which make it difficult to register, are partially responsible. That's why the group wants to pass the National Voter Registration Act of 1991—also known as the Motor Voter Bill—which would allow for mail-in registration nationwide and also let those 18 and older register to vote when they renew their driver's license.

With the help of musicians like the Red Hot Chili Peppers, Madonna, Fishbone, and Michael Stipe, Rock the Vote is trying to spread the voting gospel with public-service videos and "Dear Mr. President" postcards printed on CD boxes. The group has also set up voter-registration booths at 4,000 record stores and 20,000 Reebok outlets. So if you're 18, there's really no excuse not to vote. If you're not, you can still send postcards to the President in support of the Motor Voter Bill and let your congresspeople know what's on your mind. You can even remind them that come 1996, you *will* be old enough to vote. —*Caroline Chaffin*

■ *For more information, write Rock the Vote, Dept. 171, Box 64742, Los Angeles, CA 90064.*

■ IN 1984, 100 PERCENT OF AMERICANS AGES 18 TO 24 VOTED. *NOT!* TRY LESS THAN 40 PERCENT.



WORD Goin' back to Cali

Want to sound like a local but don't live near the beach? Don't worry. Thanks to *SURFINARY: A DICTIONARY OF SURFING TERMS AND SURFSPEAK*, by Trevor Cralle (Ten Speed, $19.95), you'll fit right into the Cali-surf scene without sounding like a total Wilma. Latronic, dude!

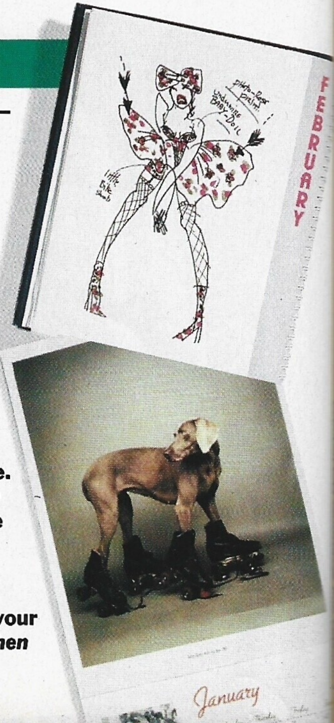
HISTORY The right place

Move over, Elvis. Memphis finally has a real museum. It's the National Civil Rights Museum—the first to honor such heroes as Martin Luther King, Jr., Rosa Parks, and James Farmer. But don't go expecting marble, bronze, or eternal flames. The museum has more of a Smithsonian-goes-to-Disneyland feel that's sparked some controversy—it's built on the site of the Lorraine Motel, where Dr. King was assassinated 23 years ago. The 18 exhibits include a "sit-in" commemorative with mannequins at a lunch counter and footage of rioting mobs, and the eerily restored motel room and balcony where Dr. King was shot—complete with a laser to trace the bullet's path. Bizarre? Some call it blasphemous, while others argue that it's the only way to make history come alive. Dr. King would have turned 63 on January 15. If a sound and light show can keep the dream alive, maybe that's okay. —*Caroline Chaffin*

PLANS Make your day

Choosing your calendar is a momentous occasion—one false move and you're looking at pictures of baby kittens until '93. A sampling of some of the more intriguing selections for 1992:

- ***THE FASHION DESK DIARY* (Little, Brown, and Co., $24.95) Original sketches by 12 designers (including Betsey Johnson, Marc Jacobs, and Donna Karan). Benefits the fight against AIDS.**
- ***AUDUBON ENDANGERED PLANET CALENDAR* (Macmillan, $10.95) Lots of cuddly creatures—each one in danger of extinction. Benefits The Audubon Society's conservation program.**
- ***A JOURNEY INTO 366 DAYS OF BLACK HISTORY* (Pomegranate, $10.95) Packed with photos and essays on African-American heroes such as Judge Edith Sampson and jazz great John Coltrane.**
- ***MAN'S BEST FRIEND* (Harry N. Abrams, $9.95) See doggie models wear sombreros. See doggie models roller-skate!**
- ***COUNTDOWN* (Banning Enterprises, $14.95) Only 162 more shopping days until . . . your birthday! Counts down to any important date in your life. Stores, last pages.** ***—Marisa Cohen***



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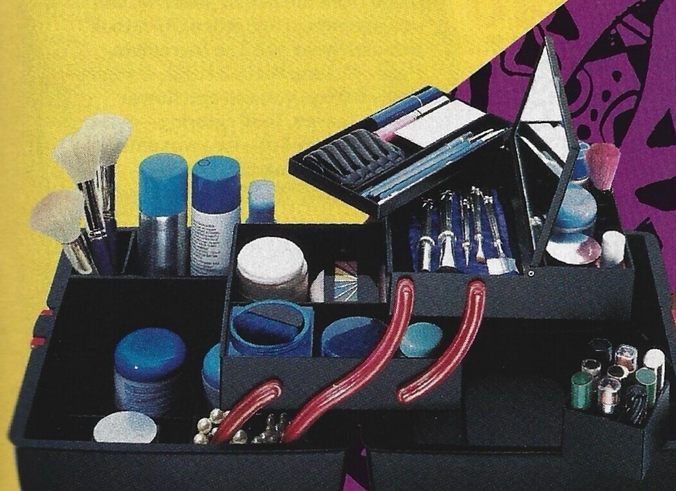

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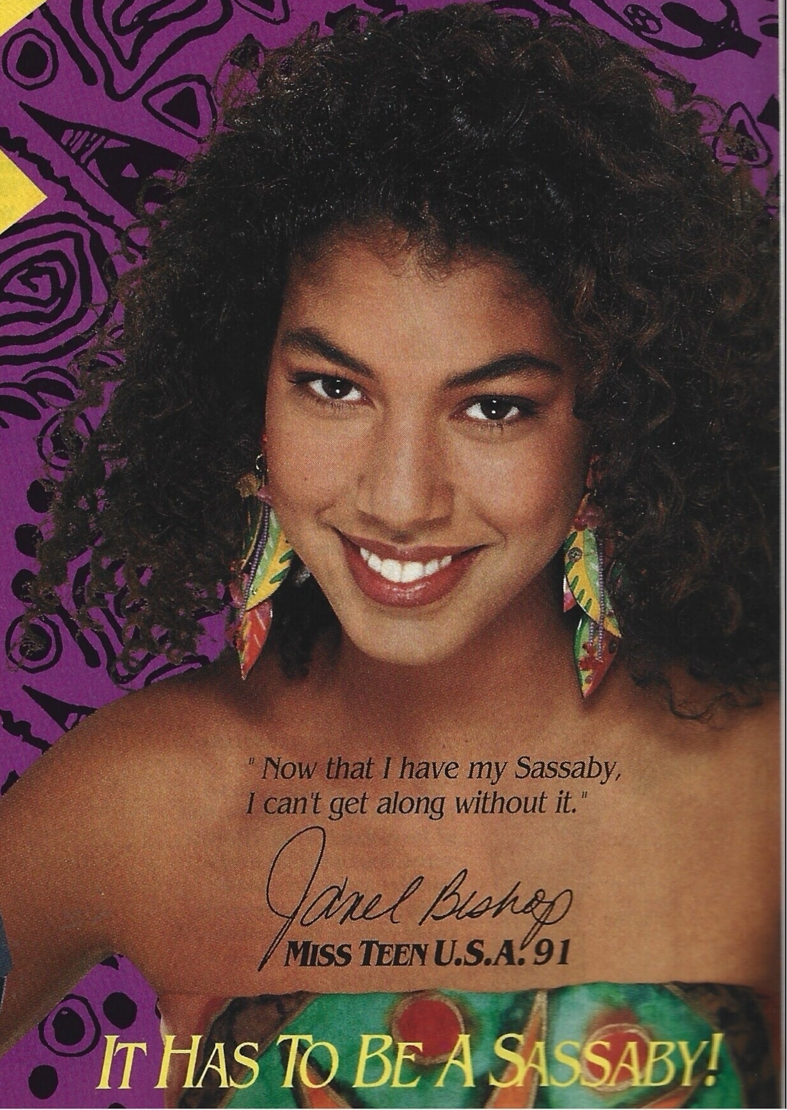

"Now that I have my Sassaby, I can't get along without it."

Janel Bishop

MISS TEEN U.S.A. 91

IT HAS TO BE A SASSABY!

earth talk

PROFILE Earth girl

Globe-trotter: Keren Ness

A lot of people worry about the environment, but Keren Ness, 18, is checking out the situation firsthand. As a student in the International Honors Program (IHP), Keren is spending her first year out of high school traveling around the world with 19 other thrill-seeking students. Throughout the U.S., England, India, Thailand, Malaysia, New Zealand, and Colombia, they'll meet environmental experts, conduct research, and live with families in order to gain a better understanding of global ecology. "It's amazing to see how other cultures are from within," says Keren.

But getting there wasn't easy: It took a scholarship, donations, and a lot of hard work to raise the $18,950 needed for the trip.

Next year, Keren plans to enroll at the University of California at Santa Cruz and major in environmental studies. "A lot of things get me angry," she says, "like the rain forests being cut down. I want to turn the anger into *action*." —*Leah Eskin*

■ *For more information on the International Honors Program, call 1-617-267-8612.*

■ READ THIS: RECYCLING A THREE-FOOT STACK OF NEWSPAPERS SAVES ONE TREE.

THAT'S THE TICKET

Give Your Change to Make a Change

A parking meter with a twist, the San Francisco Zoo's Conservation Meter saves space in the *rain forest*. Drop in a quarter and watch the mechanical hummingbird fly across the screen—you've just rescued 90 square feet of forestland! With 70,000 acres disappearing every minute, a plan to install meters in zoos nationwide could reduce the violation: A quarter from every zoo visitor in the nation would save 250,000 acres each year. *That's no small change.* —*Caroline Chaffin*

L IN A CRUNCH

Looking for a *serious* breakfast experience? Add some snap, crackle, and Amazon crop to your mornings with Rainforest Crisp cereal. Not only is the mixture of Brazil nuts, cashews, raisins, and rice puffs healthier and tastier than a bunch of crunchy little marshmallows, but it also helps the indigenous residents of the rain forest who are trying to save their home by harvesting nuts. You see, if enough nuts are sold, the endangered trees will become too valuable to cut down. At least 7 percent of the cereal's proceeds will go to environmental causes, and, of course, the box is made from 100 percent recycled paper. The Earth-friendly chow is available at health food stores and northern California and Hawaii Safeways. —*Marisa Cohen*

RECYCLED THOUGHTS

"He said he loved me—but the newspaper bundles came first!" Got a good recycling story to tell? Write the **1992 BEST PAPER RECYCLING CONTEST**, 485 Madison Avenue, 4th floor, New York, NY 10022, for rules and information on how to turn an old story—about a paper recycling program you've planned or worked on—into a brand-new cash prize.

LETTER PERFECT

Check out this ultrachic stationery we made from the pile of junk mail and newspapers in our office! All it took was a blender and The Incredible Paper Making Kit ($24.95). If you're really daring, you can add flower petals, leaves, food coloring—even clothes-dryer lint—for awesome effects. To order, call 1-800-695-8000. —*Dawn Yoselowitz*

Dawn makes paper.

Lisa Blackshear; Dawn Yoselowitz; Herb Gorgoglione; Paper; William [illegible]

■ Un-Junk your mail! Write the Direct Marketing Association, Attn.: Mail Preference Service, 11 West 42 Street, Box 3861, New York, NY 10163-3861, and ask them to take your name off their mailing lists.

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- **Pat Benatar: True Love** (Chrysalis) 44663
- **Lenny Kravitz: Mama Said** (Virgin) 10041
- **Hank Williams, Jr.: Pure Hank** (Warner/Curb) 60351
- **Starship: Greatest Hits** (RCA) 90270
- **Contraband** (Impact) 32031
- **Frank Sinatra: Sinatra Reprise: The Very Good Years** (Reprise) 80304
- **Elvis Costello: Mighty Like A Rose** (Warner Bros.) 60280
- **Aretha Franklin: What You See Is What You Sweat** (Arista) 72220
- **Spyro Gyra: Collection** (GRP) 33286
- **Kool Moe Dee: Funke Funke Wisdom** (Jive) 44195
- **Ziggy Marley: Jahmekya** (Virgin) 54204
- **Paul Simon: Negotiations And Love Songs 1971-86** (Warner Bros.) 20461
- **Lynyrd Skynyrd: 1991** (Atlantic) 34437
- **Foreigner: Unusual Heat** (Atlantic) 34465
- **Elvis Presley: Sings Leiber And Stoller** (RCA) 44359
- **José Carreras: Hollywood Golden Classics** (Atlantic) 44656
- **Keith Washington: Make Time For Love** (Qwest) 14677
- **Diamond Rio** (Arista) 10702
- **Lisa Fischer: So Intense** (Elektra) 71152
- **Marc Cohn** (Atlantic) 82983
- **Neil Diamond: 12 Greatest Hits** (MCA) 84050
- **The Judds: Greatest Hits, Vol. 2** (RCA) 74054
- **Holly Dunn: Milestones—Greatest Hits** (Warner Bros.) 83614
- **Guys And Dolls/ Original Cast** (MCA) 43962
- **McBride & The Ride: Burnin' Up The Road** (MCA) 53806
- **Dying Young/Sdtk.** (Arista) 73769
- **Queen Latifah: All Hail The Queen** (Tommy Boy) 74108
- **Foreigner: Records** (Atlantic) 53317
- **Supertramp: Classics (14 Greatest Hits)** (A&M) 04891
- **Extreme: Pornograffitti** (A&M) 43557
- **Seal** (Warner Bros.) 61992
- **Squeeze: Play** (Reprise) 70549
- **Barry Manilow: Showstoppers** (Arista) 64323
- **Gladys Knight: Good Woman** (MCA) 84390
- **Bela Fleck & The Flecktones: Flight Of The Cosmic Hippo** (Warner Bros.) 64436
- **Van Morrison: Moondance** (Warner Bros.) 64585
- **Emerson, Lake & Palmer: Brain Salad Surgery** (Atlantic) 54608
- **Glenn Miller: Chattanooga Choo Choo-The #1 Hits** (Bluebird) 11052
- **Alabama: Greatest Hits,Vol.2** (RCA) 44504
- **Gene Rice: Just For You** (RCA) 90101
- **Donna Summer: Mistaken Identity** (Atlantic) 10609
- **Diana Ross: The Force Behind The Power** (Motown) 63680
- **Jermaine Jackson: You Said** (La Face) 84326
- **Joe Jackson: Laughter & Lust** (Virgin) 64269
- **Hi-Five** (Jive) 10542
- **Jefferson Starship: Gold** (RCA) 64132
- **Connie Francis: Where The Hits Are** (Malaco) 34739
- **Kix: Hot Wire** (EastWest America) 64398
- **Chicago: Greatest Hits 1982-1989** (Reprise) 63363
- **Bad Company: Holy Water** (Atlantic) 24784
- **Bob Marley: Legend** (Island) 53521
- **Eric Clapton: Journeyman** (Warner Bros.) 53940
- **Elvis Presley: The Number One Hits** (RCA) 72190
- **Keith Whitley: Greatest Hits** (RCA) 10728
- **Allman Bros.: Eat A Peach** (Polydor) 63353
- **Paul Simon: Graceland** (Warner Bros.) 72315
- **Take 6: So Much 2 Say** (Reprise) 53580
- **Buddy Holly: From The Original Masters** (MCA) 20069
- **Buffalo Springfield: Retrospective** (ATCO) 00844
- **The Who: Who's Better Who's Best** (MCA) 00790
- **Anthrax: Persistence Of Time** (Island) 83468
- **The Cars: Greatest Hits** (Elektra) 53702
- **The Best Of Dolly Parton** (RCA) 51583
- **Paul Simon: The Rhythm Of The Saints** (Warner Bros.) 10455
- **Vanilla Ice: Extremely Live** (SBK) 70017
- **Travis Tritt: It's All About To Change** (Warner Bros.) 64147
- **David Sanborn: Another Hand** (Elektra) 54527
- **Heavy D & The Boyz: Peaceful Journey** (Uptown/MCA) 10920
- **Janet Jackson's Rhythm Nation 1814** (A&M) 72386
- **Tom Petty: Full Moon Fever** (MCA) 33911
- **Patsy Cline: 12 Greatest Hits** (MCA) 53849
- **Teddy Pendergrass: Truly Blessed** (Elektra) 14879
- **Keith Sweat: I'll Give All My Love To You** (Elektra) 51603
- **U2: Rattle And Hum** (Island) 00596
- **Scorpions: Crazy World** (Mercury) 14795
- **Dionne Warwick Sings Cole Porter** (Arista) 53326
- **Fleetwood Mac: Greatest Hits** (Warner Bros.) 00796
- **Dirty Dancing/Sdtk.** (RCA) 82522
- **Paula Abdul: Shut Up And Dance (The Dance Mixes)** (Virgin) 80326
- **Best Of Bad Company: 10 From 6** (Atlantic) 60321
- **Roy Orbison: A Black And White Night** (Virgin) 64495
- **Quincy Jones: Back On The Block** (Qwest) 64116
- **Rod Stewart: Downtown Train** (Warner Bros.) 10708
- **The KLF: White Room** (Arista) 23333
- **Trisha Yearwood** (MCA) 64033
- **Londonbeat: In The Blood** (MCA) 44569
- **Bon Jovi: Slippery When Wet** (Mercury) 43465
- **The Bonnie Raitt Collection** (Warner Bros.) 00569
- **Anita Baker: Compositions** (Elektra) 00921
- **Best Of Dire Straits: Money For Nothing** (Warner Bros.) 00713
- **Bryan Adams: Reckless** (A&M) 51540
- **Eagles: Greatest Hits, Vol. 2** (Asylum) 63318
- **The B-52's: Cosmic Thing** (Reprise) 14742
- **Clint Black: Put Yourself In My Shoes** (RCA) 24690
- **Bell Biv DeVoe: Poison** (MCA) 00547
- **Mötley Crüe: Dr. Feelgood** (Elektra) 33928
- **The Cure: Mixed Up** (Elektra) 74190
- **Nelson: After The Rain** (DGC) 74079
- **Alan Jackson: Don't Rock The Jukebox** (Arista) 43877
- **Damn Yankees** (Warner Bros.) 14852
- **Pebbles: Always** (MCA) 11001
- **Fine Young Cannibals: Raw & The Remix** (I.R.S.) 53904
- **Another Bad Creation: Coolin' At The Playground Ya Know!** (Motown) 10456
- **Stevie Wonder: Jungle Fever/Soundtrack** (Motown) 54197
- **Keith Whitley: Kentucky Bluebird** (RCA) 34233
- **Vanilla Ice: To The Extreme** (SBK) 24689
- **The Judds: Love Can Build A Bridge** (RCA) 24549
- **Slaughter: Stick It To Ya** (Chrysalis) 42308
- **Jane's Addiction: Ritual de lo Habitual** (Warner Bros.) 10020
- **Kenny G: Live** (Arista) 64505
- **The Police: Every Breath You Take—The Singles** (A&M) 73924
- **Peter Gabriel: Shaking The Tree-16 Golden Greats** (Geffen) 11089
- **16 #1 Motown Hits From The Early '60s** (Motown) 74336
- **James Taylor: Greatest Hits** (Reprise) 23790
- **AC/DC: Back In Black** (Atlantic) 13772
- **Sinéad O'Connor: I Do Not Want What I Haven't Got** (Chrysalis) 33512
- **Traveling Wilburys, Vol. 3** (Warner Bros.) 24817
- **Yes: Union** (Arista) 10735
- **Bette Midler: Beaches Sdtk.** (Atlantic) 00793
- **Best Of Aretha Franklin** (Atlantic) 20078
- **Traveling Wilbury's Vol. 1** (Warner) 00711
- **Best Of Carly Simon** (Elektra) 43787

R.E.M.: Out Of Time (Warner Bros.) 24762

Natalie Cole: Unforgettable (Elektra) 83452

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5 ☐ **CLASSICAL** Luciano Pavarotti, Vladimir Horowitz
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Ratt: Ratt & Roll 8191 (Atlantic) **60098**

Wilson Phillips (SBK) **00726**

Carreras, Domingo, Pavarotti: 3 Tenors (London) **35078**

Trixter (Mechanic/MCA) **61594**

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Daryl Hall & John Oates: Change Of Season (Arista) **00543**

Tony! Toni! Toné!: The Revival (Polydor) **00565**

Best Of Grateful Dead: Skeletons From The Closet (Warner Bros.) **83892**

George Harrison: Best Of Dark Horse, 1976-1989 (Dark Horse) **80307**

Elton John: Greatest Hits, Vol. 3 (Geffen) **34463**

Dire Straits: Brothers In Arms (Warner Bros.) **14734**

Sting: Nothing Like The Sun (A&M) **73965**

Styx: Edge Of The Century (A&M) **74498**

Tracy Chapman (Elektra) **53582**

Young MC: Stone Cold Rhymin' (Delicious Vinyl) **54058**

Clint Black: Killin' Time (RCA) **01112**

Best Of Robert Palmer: Addictions (Island) **10819**

K.T. Oslin: Love In A Small Town (RCA) **74327**

Lynyrd Skynyrd's Innyrds (MCA) **01150**

Rick Astley: Free (RCA) **53656**

Black Box: Dreamland (RCA) **84063**

Whitney Houston: I'm Your Baby Tonight (Arista) **10663**

ZZ Top: Recycler (Warner Bros.) **73969**

Jon Bon Jovi: Blaze Of Glory (Mercury) **44490**

Alan Jackson: Here In The Real World (Arista) **53833**

Johnny Gill (Motown) **00738**

Soul II Soul: Vol. II-1990-A New Decade (Virgin) **00567**

Bobby Brown: Dance! ...Ya Know It (MCA) **73660**

U2: The Joshua Tree (Island) **53501**

Winger: In The Heart Of The Young (Atlantic) **00570**

Kiss: Smashes Thrashes And Hits (Mercury) **00736**

The Sound Of Music/ Sdtk. (RCA) **00046**

Prince And The Revolution: Purple Rain (Warner Bros.) **60175**

Metallica: Master Of Puppets (Elektra) **34552**

Jethro Tull: Thick As A Brick (Chrysalis) **01023**

Ralph Tresvant (MCA) **14889**

Andrew Lloyd Webber: The Premiere Collection (MCA) **53868**

Technotronic: Pump Up The Jam-The Album (SBK) **34781**

Amy Grant: The Collection (A&M) **44643**

David Lee Roth: A Little Ain't Enough (Warner Bros.) **10551**

INXS: X (Atlantic) **64378**

The Best Of The Everly Brothers (Warner Bros.) **03826**

Boyz N The Hood/Sdtk. (Qwest) **24419**

Bette Midler: Some People's Lives (Atlantic) **53568**

Divinyls (Virgin) **74057**

AC/DC: The Razors Edge (ATCO) **33379**

Chris Isaak: Heart Shaped World (Reprise) **73735**

Prince: Graffiti Bridge (Paisley Park) **34107**

B.B. King: Live At The Apollo (GRP) **24735**

Brooks & Dunn: Brand New Man (Arista) **64331**

Van Halen: Women And Children First (Warner Bros.) **44473**

Cleo Laine: Jazz (RCA Victor) **23471**

Patty Loveless: Up Against My Heart (MCA) **11141**

De La Soul: De La Soul Is Dead (Tommy Boy) **64101**

Lita Ford: Stiletto (RCA) **63893**

Kentucky Headhunters: Pickin' On Nashville (Mercury) **24740**

Whitney Houston (Arista) **54381**

Deep Purple: Slaves & Masters (RCA) **11145**

Bruce Hornsby & The Range: A Night On The Town (RCA) **63689**

John Denver's Greatest Hits (RCA) **13777**

Earl Thomas Conley: Yours Truly (RCA) **20033**

Gary Burton: Cool Nights (GRP) **63652**

Classic Yes (Atlantic) **50248**

Steve Winwood: Chronicles (Island) **34501**

Kathy Mattea: A Collection Of Hits (Mercury) **10791**

Corina (ATCO) **24725**

Rythm Syndicate (Impact/MCA) **62320**

Classic Soul (MCA) **10843**

Bing Crosby's Greatest Hits (MCA) **04709**

Michael Penn: March (RCA) **83798**

Reba McEntire: Rumor Has It (MCA) **44609**

Restless Heart: Greatest Hits (RCA) **24774**

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Desert Rose Band: A Dozen Roses (MCA) **11113**

The Drifters' Golden Hits (Atlantic) **03859**

Sha Na Na: Rock & Roll Is Here To Stay (Buddah) **61568**

Chuck Berry: The Great 28 (Chess) **64137**

D.J. Jazzy Jeff & The Fresh Prince Base: Homebase (Jive) **21073**

Steve Winwood: Refugees Of The Heart (Virgin) **54232**

Jimmy Buffett: Songs You Know By Heart Greatest Hit(s) (MCA) **42157**

Rod Stewart's Greatest Hits (Warner Bros.) **33779**

Robert Plant: Manic Nirvana (Es Paranza) **54122**

Air Supply: Greatest Hits (Arista) **34424**

Morrissey: Kill Uncle (Reprise/Sire) **20588**

Billy Idol: Charmed Life (Chrysalis) **62264**

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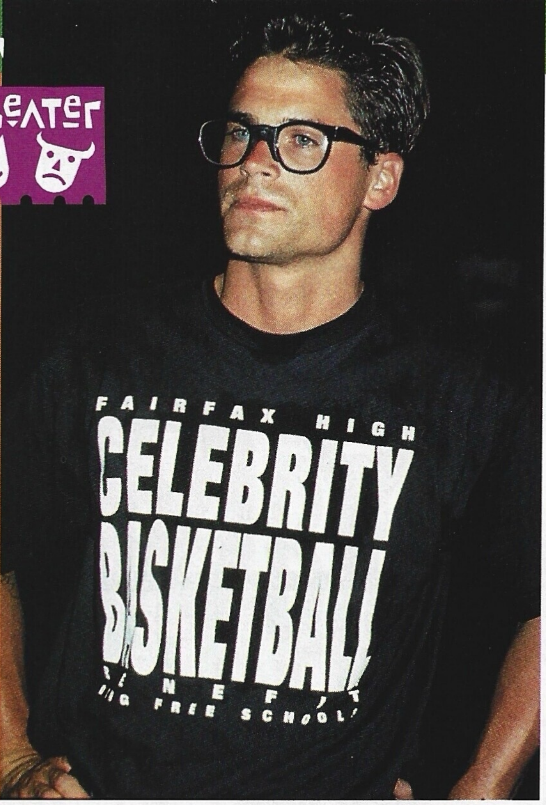
talent

THEATER

Looks as if Rob Lowe *(right)* made a New Year's resolution to perk up his career: 1992 promises to be a busy time for the handsome actor. First, he's about to open on Broadway in a farce called *A Little Hotel on the Side,* costarring Tony Randall and Lynn Redgrave. Then you can see him playing a TV executive in the movie based on everyone's favorite *Saturday Night Live* segment, *Wayne's World,* with Mike Myers and Dana Carvey. So is Rob a new man? We think it has something to do with his new wife—makeup artist Cheryl Berkoff.



CLASSIC ROCK

One day in 1968, three guys named David Crosby, Stephen Stills, and Graham Nash *(below)* got together to play a few tunes. Little did they know that their remarkable three-part harmonies and politically biting words would practically change the world. Every generation has a musical sound that perfectly represents its time. In the volatile years of 1969 through 1971, Crosby, Stills, Nash (and sometimes Neil Young) was that sound. If you don't just want to *hear* this important era, but really want to *feel* it, get *CSN* (Atlantic), a 78-track box set of this band's best songs.

MOVIES

***JFK.* Controversial writer/director Oliver Stone is stirring up heated debate with his new drama about the assassination of President Kennedy and the still-unresolved mysteries surrounding the tragedy. Kevin Costner *(left,* with Sissy Spacek as his wife) stars as Jim Garrison, the New Orleans district attorney who made headlines with his own investigation of the case.**

ON TOUR

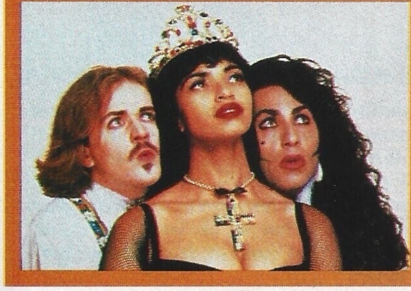
One of the surprise hits of last summer was a little thang called *P.A.S.S.I.O.N.* (Impact) by this unknown band, Rythm Syndicate *(above)*. We like their sound because it reminds us of Prince (and you know how we feel about *him*), and we like their looks, too (hey, we're not blind). If you live on the East Coast, try to see these funky boys live—they're on tour this month, fronting for that briefs-lovin' dude, Marky Mark, with The Funky Bunch.

***THELMA & LOUISE.* We almost dropped our popcorn at the first sight of Brad Pitt *(right)* as the hitchhiking cowboy in this spectacular film. The guy's dangerous—and so hot we thought the screen would start smoking. Now you can see for yourself why this movie made him an instant star: The video comes out this month. Susan Sarandon and Geena Davis are dazzling as the street-smart waitress and the ditzy housewife who burn up the highways out west, leaving a trail of battered egos in their dust.**

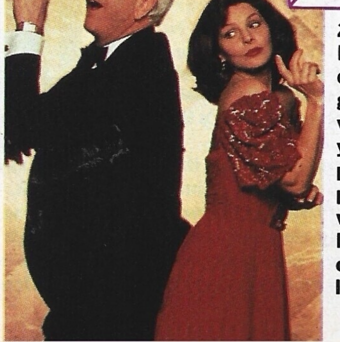
MUSIC

World beat: Prepare to be invaded, America! Here comes Army of Lovers *(below)*, a four-piece Swedish group (newest member De La Cour isn't pictured) who make Deee-Lite look like Metallica. Lead singer La Camilla prefers crowns. Alexander's (the blond) and Jean-Pierre's shirts cause temporary blindness. Their debut album, *Disco Extravaganza,* (Giant) is a whirlwind journey of love songs, trashy '70s disco, astrology, laser beams, and some Enigma-style Europookiness.

—Carl Fysh, London



VIDEO



***THE NAKED GUN 2½: THE SMELL OF FEAR.* Need a lift from the postholiday blues? Then this outrageous comedy is hitting your video store at the right time. If you saw *The Naked Gun,* expect more of the same—silly plot, nonstop gags, and a wacky performance by Leslie Nielsen *(left,* with costar Priscilla Presley) as a bumbling but lovable police lieutenant.**

Rob Lowe photo, John Paschal/Celebrity Photo. *JFK* still, Warner Bros. Army of Lovers, Carl Johan Paulin. Brad Pitt, Roland Neveu. *The Naked Gun 2½,* Theo Westenberger.

THREE HOT ACTORS WHO REALLY MELT OUR ICE

NEIL PATRICK HARRIS

Neil Patrick Harris has already been working on a *Doogie Howser, M.D.*, episode for seven hours by the time he sits down to lunch in 20th Century Fox's commissary. "We work twelve to fifteen hours a day, five days a week," says the actor, his emerald eyes sparkling with light. "That's why I think it's funny when anybody thinks this life is glamorous. I wouldn't trade it for anything, but it's hard work."

Dressed in baggy jeans, a white T-shirt, and a baseball cap, Neil seems to have sprouted since last season, and he looks cuter in person than on TV. But with Neil it's not about how he looks or his fame, it's about the profession he's been pursuing since he was nine years old: acting. "I'm in this business because I love to act," he explains. "If there was a project I really wanted to do and they didn't have any money, I would do it for free."

Pretty levelheaded thinking for an eighteen-year-old guy. "My parents have been really good at keeping me that way," agrees the New Mexico native. "I feel like I've never gotten really stuck-up. If you're genuine and pleasant, that's the best you can do."

But will Neil be able to stay centered now that he's gone solo and moved into his first home? "Absolutely," he says, laughing. "Leaving the nest is sort of an odd thing under any circumstances, but the fact is, I'm never home much anyway. But if I was just doing nothing in an empty house, it would get kind of lonely."

When *Doogie* goes on hiatus this year, Neil says he would like to do a feature film. "I would have done one last year," he explains, "but I decided to finish high school instead."

Neil also says he doesn't have a steady girlfriend right now. "I'm sort of dating, but my work stops me from meeting many new people." And what does he require in a companion? "I'm looking for a very attractive person who can hold her own in a conversation and who's fun to be with," he says, adding, "but most of those are already taken."

—Kevin Koffler

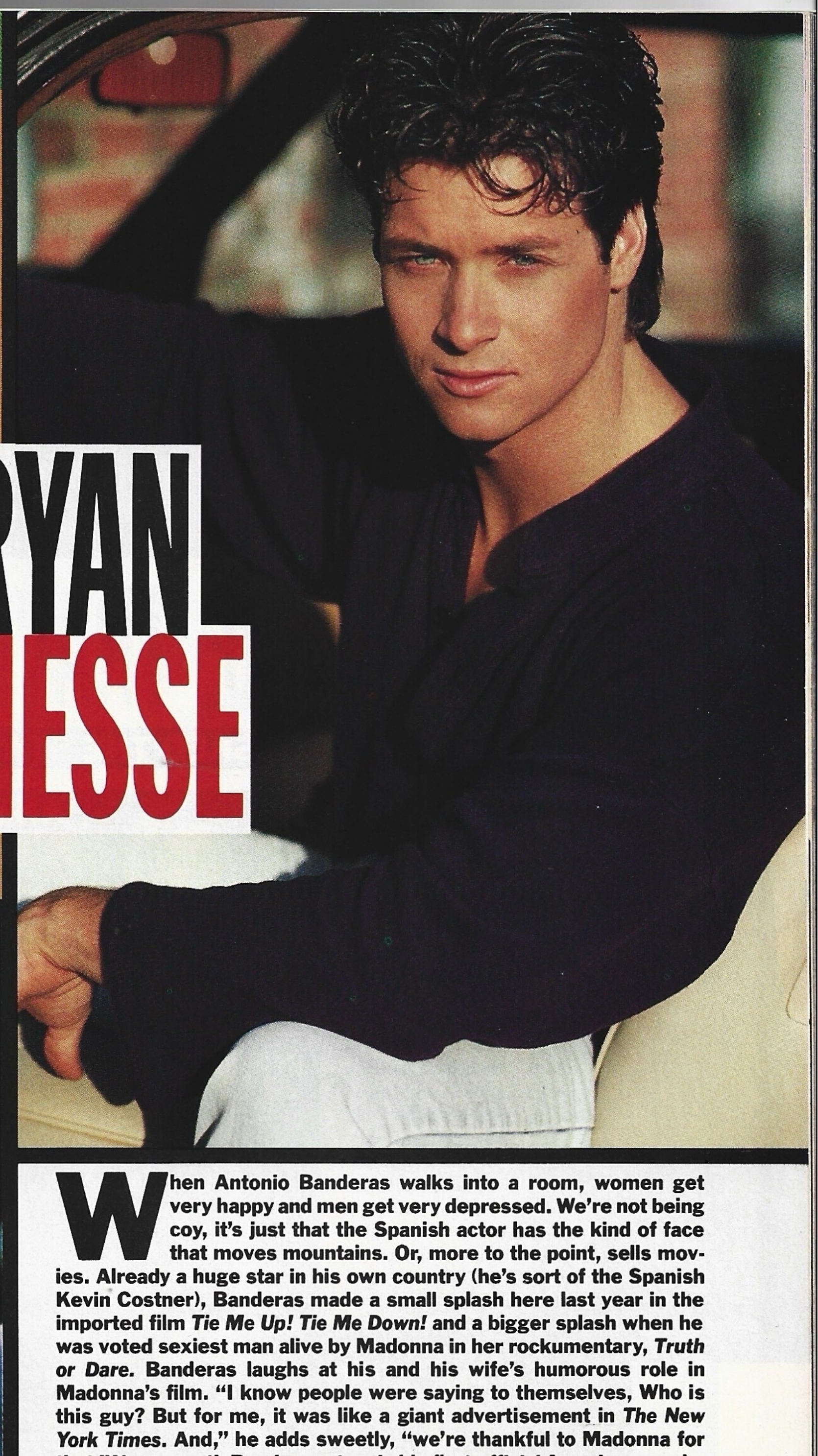
BRYAN GENESSE

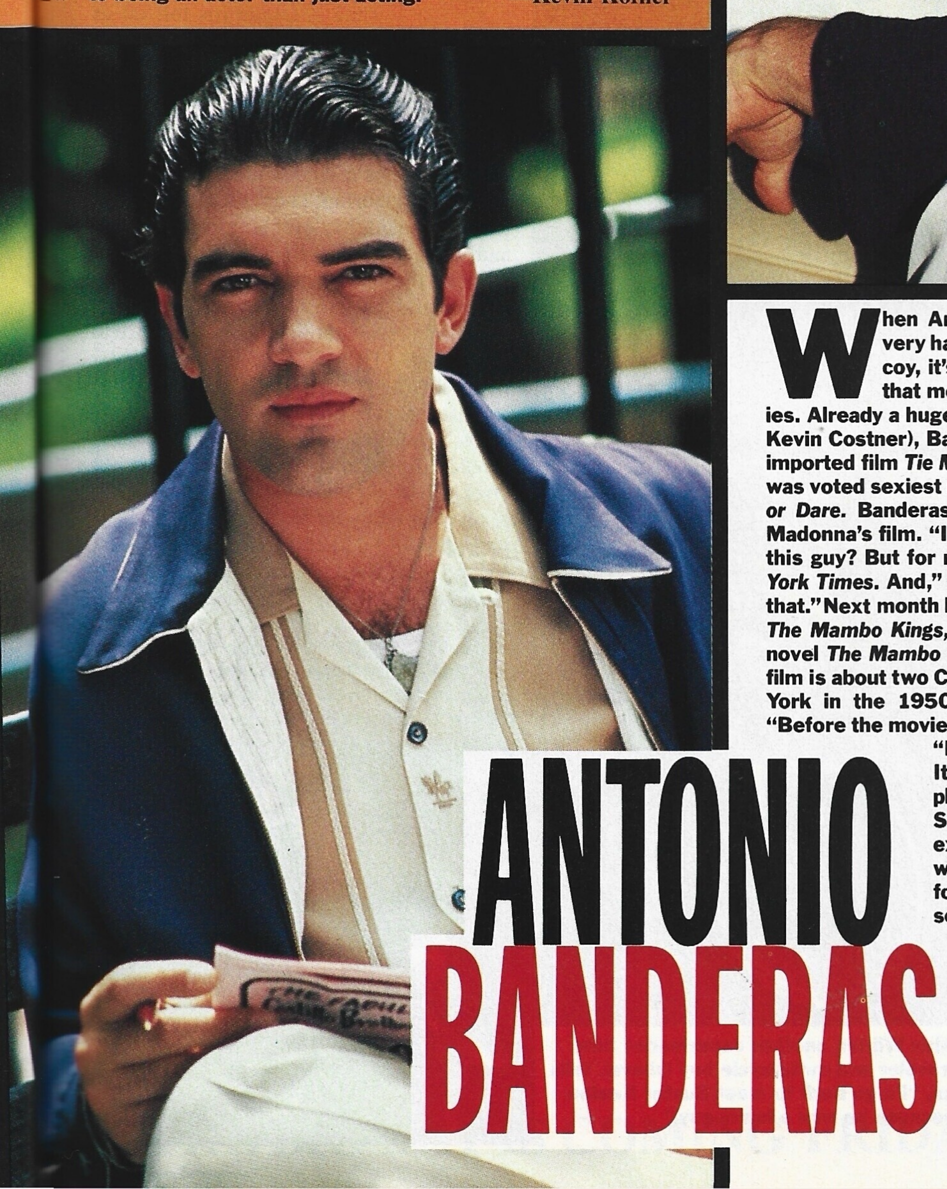
Standing in the silence of a warm breeze and the southern California sunrise, Bryan Genesse effortlessly eases his sculpted body through a series of spiritually choreographed kicks, punches, and blocks. "I practice martial arts every day," says the twenty-seven-year-old actor. He pauses to wipe the sweat out of his eyes. "This keeps me focused and more aware of myself and other people. It also gives me a lot of confidence."

It's hard to believe that the gorgeous star of the hit TV series *Street Justice* would need any more confidence than he must already have. But Bryan says he was overweight as a kid, and as a result, he still imagines himself having a weight problem. "I see myself as being slightly overweight," he explains. "What's nice is when I see pictures of myself. I'm surprised. I think, Wow, do I look like that? Because that looks okay."

Although it may seem as if his success has happened overnight, Bryan maintains that he has worked long and hard to get where he is today. Born and raised in Ontario, Canada, Bryan was *supposed* to go into his family's business, Genesse Foods. But after a few high school acting experiences, he knew that his future was in the theater. Eventually he moved to New York to study acting and the martial arts. Then came the big break: He auditioned for the soap opera *The Bold and the Beautiful*, got a part, and moved to Los Angeles. "I've always gotten my rewards as I've earned them," he says. "To me, paying your dues means you've grown to a point where you understand more about yourself and your craft. There's a lot more to being an actor than just acting." —Kevin Koffler

Neil Patrick Harris photos, Linda A. Vanoff. Bryan Genesse, Robert Ferrone/Shooting Star. Antonio Banderas photo here and on page 4, Warner Bros.





ANTONIO BANDERAS

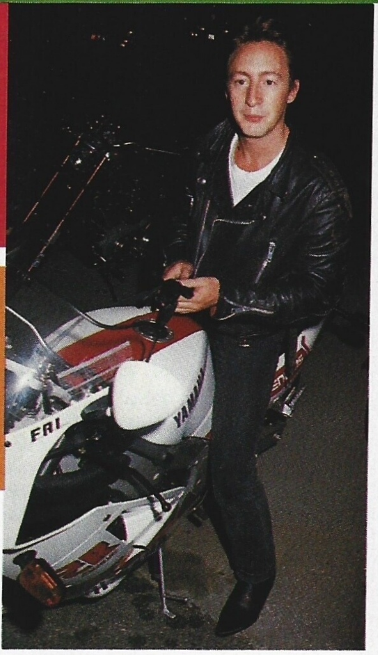
When Antonio Banderas walks into a room, women get very happy and men get very depressed. We're not being coy, it's just that the Spanish actor has the kind of face that moves mountains. Or, more to the point, sells movies. Already a huge star in his own country (he's sort of the Spanish Kevin Costner), Banderas made a small splash here last year in the imported film *Tie Me Up! Tie Me Down!* and a bigger splash when he was voted sexiest man alive by Madonna in her rockumentary, *Truth or Dare*. Banderas laughs at his and his wife's humorous role in Madonna's film. "I know people were saying to themselves, Who is this guy? But for me, it was like a giant advertisement in *The New York Times*. And," he adds sweetly, "we're thankful to Madonna for that." Next month Banderas stars in his first *official* American movie, *The Mambo Kings*, based on the wonderful Pulitzer prize–winning novel *The Mambo Kings Play Songs of Love*, by Oscar Hijuelos. The film is about two Cuban brothers, both musicians, who move to New York in the 1950s and start a Ricky Ricardo–type Latin band. "Before the movie, I didn't know much English," Banderas explains. "I came to New York and studied eight hours a day. It was crazy but it was okay because the character I play in the movie, Nestor, is learning English, too. So I could use my own mistakes." Don't, however, expect this talented thespian to be turning red, white, and blue anytime soon. "I'm not looking just for American roles," he says. "I go where the scripts are. To India, Italy, France. But if I can find work in Spain, I prefer to stay." Banderas started acting when he was thirteen. "I saw some plays, but the one that really impressed me was *Hair*. By the time I began to wonder, Why am I an actor?, it was too late. It's like asking, Why am I living? Well, you're living. You can't go back. But I do know one thing," he says, flashing his big brown eyes. "I don't want to do anything else." Fine by us. —Claire Connors

TIME TRAVELERS

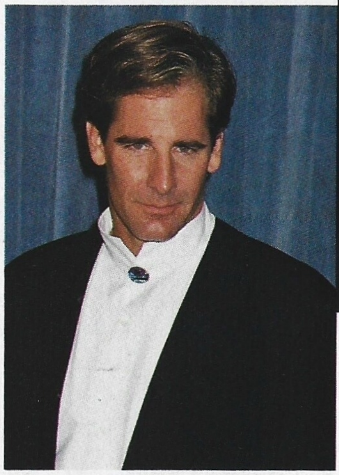
WE ASKED THE STARS: IF THEY COULD MEET ANYONE IN TIME, WHO WOULD IT BE?

As 1992 rolls around, ol' Father Time is taking his toll on us all by making us one year older—but wiser, right? And speaking of time, wouldn't it be cool if we could travel through it? When we were making the rounds at the hip Hollywood hangouts and coffeehouses, we asked our oh-so-important buds whom they'd like to meet should they ever stumble upon Bill and Ted's time-traveling telephone booth. Over at the Hollywood Palladium, Julian Lennon and that excellent guitar player, Mr. Eddie Van Halen, both told us they'd like to meet God. ''Wow,'' said Keanu Reeves, while sipping an espresso at Bourgeois Pig. ''That's an extraordinary question. I don't know.'' (You think he'd at least have an idea, considering he did it in his own movie.) Over at the Arena nightclub, Moon Unit Zappa was ready for an old-fashioned shopping spree. ''I'd like to go back to 1427 and go shopping in Florence, Italy,'' she explained. We're with you, Moon. *Ciao.*

David Arquette and Alyssa Milano *(left)* would hobnob with big thinkers. "I'd like to meet Einstein," says David. "I'd tell him to forget the E = mc^2 thing." Alyssa's choice? "Shakespeare!"



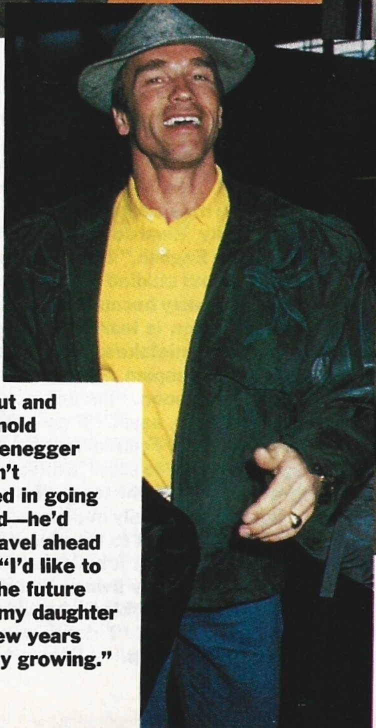
"I'd like to go back and visit God at the time that he created the Earth," says Julian Lennon *(right)*. "I'd ask him if there's a reason for all this, or do we just do it for fun?"



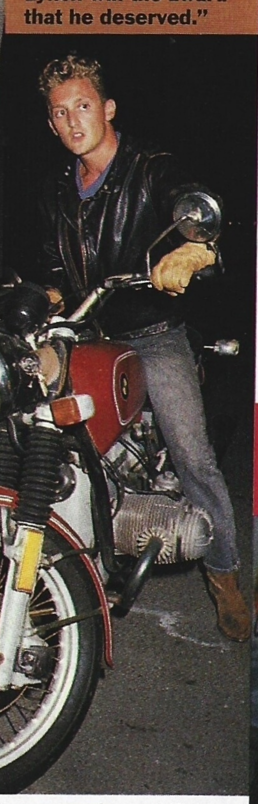
Scott Bakula *(above)* of NBC's *Quantum Leap* knows about time travel. He says, "I'd like to go back and find Scarlett O'Hara—without a doubt."

We caught the Lowe bros (that's Chad and Rob, *left*) at a party and asked Chad where he'd like to go in time. "I'd like to go to next month to make sure I'm able to pay my bills," he says, laughing. "That's a really complex question to ask. I'm trying to be witty and smart." Better stick to your acting, Chad.

"If I could travel in time," ponders Laura Dern *(left)*, "I'd go back to the 1990 Cannes Film Festival. It was so beautiful and I was excited when *Wild at Heart* won. It was wonderful seeing David Lynch win the award that he deserved."



Health nut and actor Arnold Schwarzenegger *(right)* isn't interested in going backward—he'd rather travel ahead instead. "I'd like to go into the future and see my daughter after a few years of healthy growing."

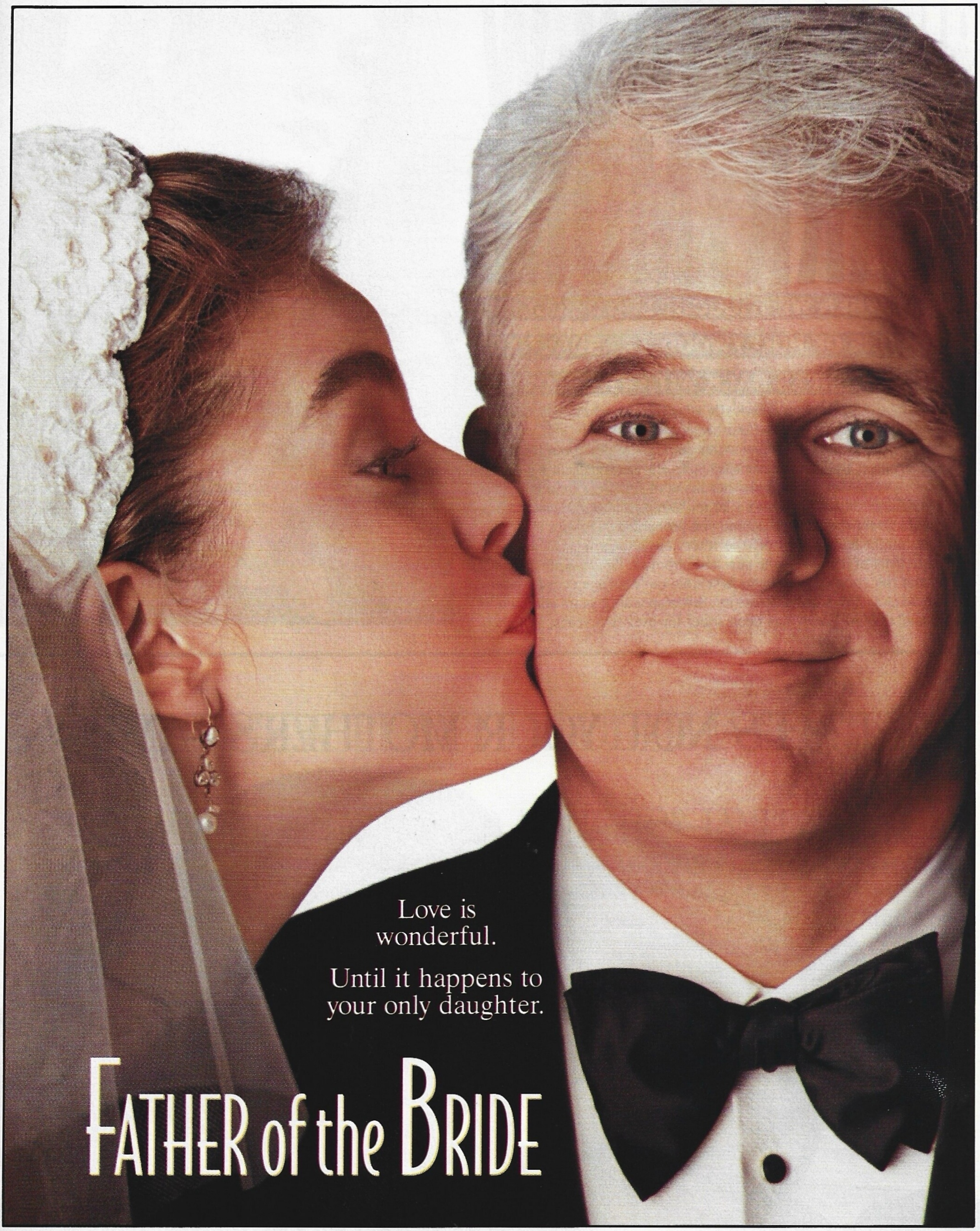


Alex Winter, another experienced time traveler and motorcycle boy *(above)*, tells us, "I'd go back to meet Buster Keaton because he was a funny guy."

"Wow, I'm just trying to absorb the question," says Keanu Reeves *(below)* as he zooms off. Good thing he wears a helmet to protect his profound thoughts.

David Arquette and Alyssa Milano, Laura Dern, and Keanu Reeves, Janet Gough/Celebrity Photo. Alex Winter, Tammie Arroyo/Celebrity Photo.

STEVE MARTIN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THE BIG DAY IS COMING FRIDAY, DECEMBER 20

DREW BARRYMORE

JUST WHEN WE THOUGHT SHE'D BECOME ONE OF HOLLYWOOD'S CASUALTIES, DREW BOUNCES BACK WITH TWO MOVIES

Drew Barrymore frantically runs into her publicist's conference room, freaked out because she's already half an hour late for our interview. After apologizing for about five minutes, the lovely seventeen-year-old woman/child begins to calm down. She pulls her mane of flowing blond hair into a ponytail and settles back into a large, overstuffed white couch.

The old Drew, the messed-up one you probably read about in all the tabloids, might have blown off the interview altogether. But the one sitting in front of me now is the new and improved Drew. A much closer version of the young actress who first stole our hearts a decade ago in the movie *E.T. The Extra-Terrestrial*. After spending years addicted to drugs and alcohol, Drew has been sober for over two years, and she's

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now soaring personally and professionally.

"Every actor makes a mistake," she says, pouring some Evian into a glass of ice. "Some are bigger and others are smaller. Mine was a big one that was heavily exploited, but I don't regret telling my story. I prefer honesty to lies."

During her initial two years of recovery, Drew had the opportunity to really get to know herself. For the first time in her life, she wasn't making a movie, doing interviews, or going to clubs every night. She found it frustrating that she wasn't getting any work, but she ultimately realized she needed the time off.

"I discovered why I did the things I did," she says, sighing. "I learned what makes me shine and what makes me die out. I learned how to give to others. Now the only things I'm really selfish with are my sobriety and spirituality; but the more I take in those areas, the more I have to give in all the other areas of my life."

During her hiatus, Drew wrote *Little Girl Lost,* an autobiography that chronicled her life (her grandfather was the renowned actor John Barrymore) and her descent from childhood superstardom to teenage wasteland. "I wrote the book because I wanted to let a friend of mine know that he wasn't alone. But when the book reached tons of other people, it made me feel wonderful."

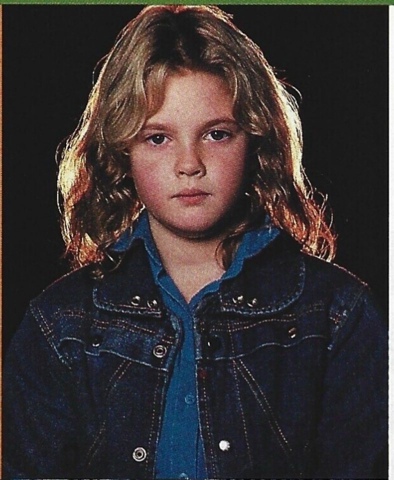
And then the movie offers started coming. First up is *Poison Ivy*. Drew plays Ivy, an impoverished outcast who manipulates and ultimately takes over her wealthy best friend's family. She says the hardest part of making the movie was doing the love scenes with actor Tom Skerritt, a man old enough to be her father. "I was just as nervous as he was," she says. "But I had to act like I wasn't to make him more comfortable."

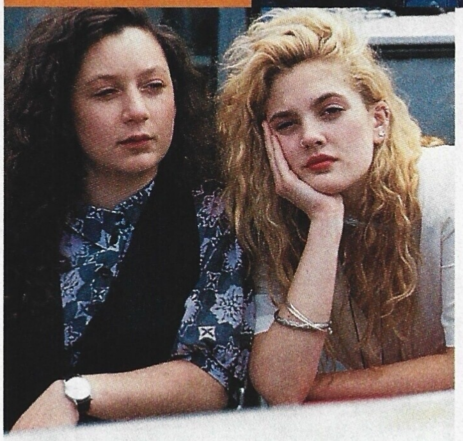
Scheduled next is *Ecotopia,* a futuristic drama that stars her ex-boyfriend Balthazar Getty. Drew laughs at her reputation of having dated half of New Hollywood. "People have such a misconception about me with men," she says. "It's funny because I haven't had a boyfriend for months. I've never even met half the guys I've supposedly gone out with."

So besides her not having a boyfriend, life for Drew Barrymore seems pretty charmed right now. "I've written a best-selling book, and I have two new films under my belt and much more in the works," she concludes. "I feel like I'm growing and improving with every step I take. My confidence level is so high it feels like nothing can stop me now."

—Kevin Koffler

By the age of nine, Drew was starring in her second major film, *Firestarter* (*right*). Her newest movie, *Poison Ivy*, costars Sara Gilbert (*below left*) as a wealthy girl who befriends a conniving vagabond played by Drew.





Large photo and bottom right photo, Kimberly Wright/New Line Cinema. Top right, D. Halstead/Gamma Liaison.

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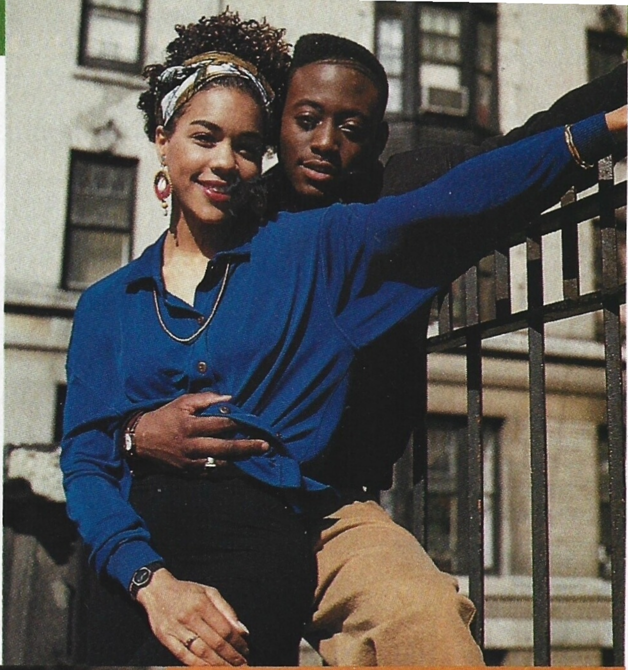
JUICE



Cindy Herron and Omar Epps *(above)* are a romantic couple in the movie *Juice,* while Khalil Kain and 2 Pac *(left)* play fellow gang members who become rivals.

JUICE IS THE WORD ON THE STREETS. IT'S A NEW MOVIE AND A NEW ATTITUDE. BUT WHAT DOES IT MEAN?

Movie titles can be so enigmatic. Take *Juice,* the first film directed by Ernest Dickerson (Spike Lee's cinematographer). Call it feminine intuition, but something tells me that when Ernie says juice, he's not talking Tropicana.

He's not. *Juice* is a movie about Q, Bishop, Raheem, and Steel, four young African-Americans growing up in the South Bronx who fall into some of the traps of inner-city living, like skipping school, gang fighting, and shoplifting from record stores. When Bishop becomes unexpectedly violent, things get really ugly. How Q and the boys deal with their friend's brutality is what this often powerful movie is about.

If you're down with the music scene, you'll recognize several music types acting it up in the film. Check out trigger-happy Bishop, played by 2 Pac from the rap group Digital Underground. And Omar Epps, who plays Q, is a member of the singing group Vision. If Q's girlfriend, Yolanda, looks familiar, that's because she's played by Cindy Herron, one quarter of the group En Vogue. (Peep the cameos of rappers Special Ed and Queen Latifah, too.)

I ask Cindy to define the word *juice*. ''It means power, pull, and rank,'' she says. Cool. Unfortunately, in this movie, as in most of the homeboys-in-the-city films, the women don't seem to have too much juice. But, Cindy points out, it *is* Yolanda who helps Q keep a cool head when things start to heat up. She explains, ''Yolanda is older than Q, and she's been through these things. She understands that Q is under a lot of peer pressure.''

Omar gives the historical definition of juice. ''The word comes from the '80s. From the days of break dancing, Adidas, and fat laces,'' he says, adding, ''It means respect on the streets.''

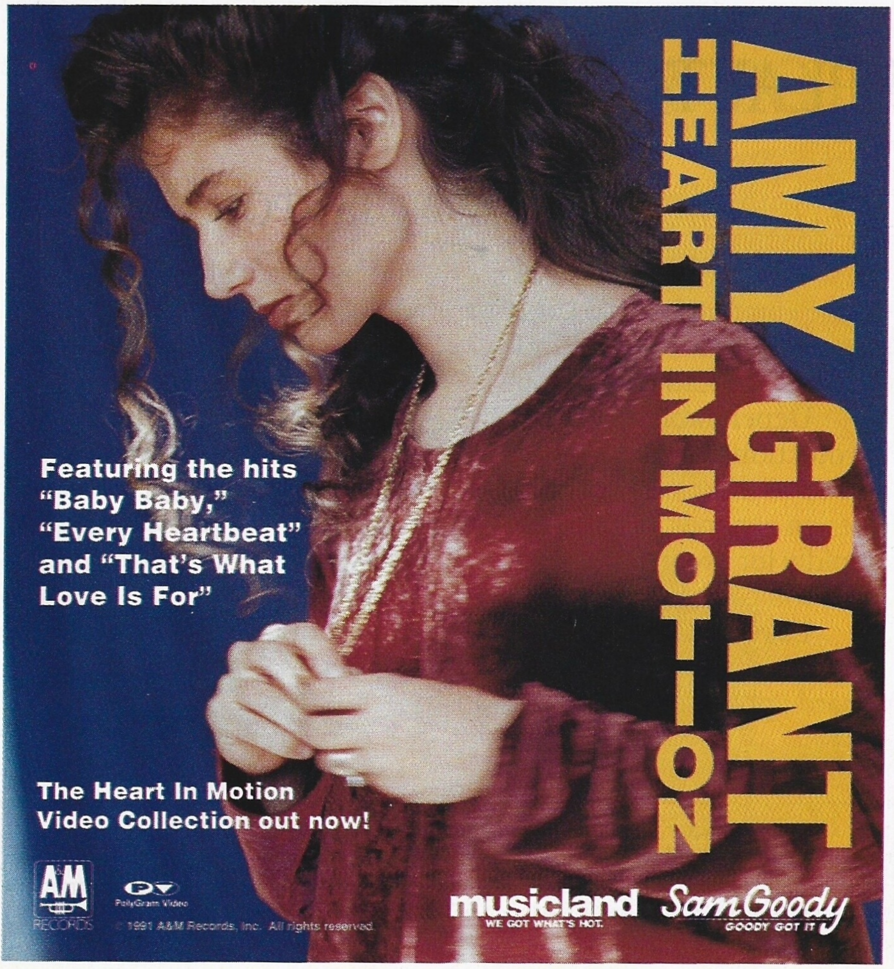
Khalil Kain, who plays Raheem, the gang leader, concurs. ''Juice is the power to do what you want, when you want,'' he says. By the way, don't sweat if you find yourself falling in love with the handsome Khalil midfilm. The guy *definitely* has juice. The son of a black father (his dad was a founding member of a '60s group, The Last Poets) and a Chinese mother, Khalil aspires to be a ''major black actor, following in the footsteps of Denzel Washington, Morgan Freeman, and James Earl Jones.''

Jermaine Hopkins is funny and sweet as the group's literal heavyweight, Steel. On defining juice, Jermaine points out, ''There's positive and negative juice. The point the movie makes to me is how black kids are growing up, trying to get juice, but going about it the wrong way. Instead of hoodlums, we need heroes. People should get juice for doing positive things, like Ernie for making this movie.''

Word to the 3rd, we're with that. And remember, increase the peace.

—V.V. Chambers

Cindy Herron and Omar Epps photo, Janette Beckman; Khalil Kain and 2 Pac, Auger W. Edwards.



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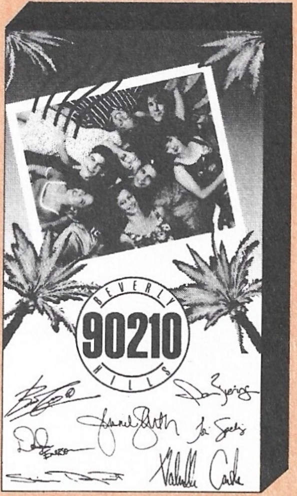

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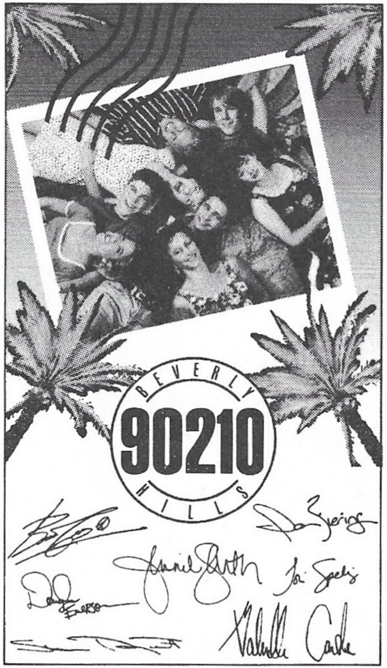

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sex & your body

BREASTS

BY DEBRA KENT

There's more to breasts than a lot of people realize—certainly more than how big they are, which is what everyone seems to talk about most. Here are some questions and answers about how to take care of your breasts, for now and for the future.

How do I know if it's time to get a bra? My mom says I can wait a while, but I think I'm ready.

This is something you usually have to figure out for yourself. There are a few reasons to wear a bra. It prevents your breasts from jiggling around when you're walking or running. It keeps your nipples from rubbing against your shirt, which can be irritating. If your breasts are at all big, a lot of people believe that a bra will help prevent eventual sagging, too, though there's no proof of that. Stretch marks, doctors say, are solely the result of hormonal changes, and breast sagging simply occurs for some women as the skin loses its elasticity with age.

Some girls wear a bra just because all their friends do or because it makes them more comfortable to. These aren't bad reasons at all, since wearing a bra can't hurt you. Bras come in very small sizes, so you can probably find one to fit you even if you're only beginning to develop or if you're small-breasted. Other girls don't want to wear a bra, even when their breasts are fairly large. They may find bras restricting, or they may feel more comfortable with an undershirt or nothing.

Tell your mother how you feel. She may be more willing to go along with what you want once she understands.

I'm totally confused about how to find a bra that fits. My breasts are pretty large, so I want to get one that really does something. How do I know my size or what kind to get?

Stores carry all kinds of bras in all sizes, from training bras to extra large ones. There are even stretchy bras that are more or less ''one size fits all.''

A bra size has two parts: a number and a letter or letters. The number indicates the number of inches around your chest. The letter is the cup size. You can measure yourself at home to figure out what size you wear. If you need someone to help you but don't feel comfortable being half-naked in front of anyone, you can wear an unpadded bra or a thin undershirt.

To determine your bra size, wrap a tape measure all the way around your chest and back, under your breasts near your upper ribs. Add five to the measurement (and round up or down to an even number, if necessary). For instance, if you measured twenty-nine inches around your chest, your bra size would be thirty-four inches.

For your cup size, you want to measure the widest part of your chest. This time, wrap the tape measure around your chest across your nipples. Take this number and compare it to your first chest measurement (not your size). If it's the same, you need an AA. If it's one inch larger than your chest, you need an A cup; two inches larger, a B cup; three inches larger, a C cup; four inches larger or more, a D or DD.

You can try on a bra in the store's fitting room, or you can buy one and try it on at home. If it doesn't fit, you can usually return it or exchange it (but ask first). Do try bras on, because every make and type can fit differently.

Look for a bra that supports your breasts and feels comfortable. Bras made of cotton are good, because they feel soft against your skin and let air through. Underwire bras provide additional support and may stay put better. Bras that are all stretch material may be easier to move around in. Try on a lot—stretching one way and another while you have each one on—to find out what the options are and what you like best.

If you do sports or work out, it's a really good idea to get and wear a sports bra geared for the activity you do. It's designed to be comfortable to exercise in, to breathe when you're hot, and to keep your breasts firmly against your body when you move.

I'm very flat-chested. Should I buy a padded bra or falsies? I'm afraid my breasts will never grow. I'm fourteen.

Normal, healthy breasts come in all sizes and shapes. Unfortunately, our society is obsessed with breasts these days—we're getting the message that big is better—and that makes a lot of girls and women self-conscious about being ''too small.'' Some people with small breasts will do anything to try to make them larger: padded bras, falsies, exercises, even surgery. (On the other hand, there are also women who wish their breasts were smaller, and who in some cases will have surgery to reduce them.)

Having small breasts doesn't mean you're less of a woman or less beautiful (look at Michelle Pfeiffer). Female breasts are designed to lactate—produce milk—for babies, and that's something all breasts can do, no matter what the size. And all breasts are sensitive to touch, because the nipples are loaded with nerve endings—whether the breasts are big, small, or in-between.

There's no sin in wearing a padded bra or inserts (falsies) if you enjoy it or it makes you feel more comfortable, but if it makes you even more self-conscious (like about people guessing or finding out), it's going to do more harm than good. An even better idea would be accepting your body as it is—and waiting to see how it changes in the coming years.

Someone in my family found a tumor in her breast, and it has me really worried. Do I need to examine myself for lumps? How?

First you should know that the majority of lumps women find in their breasts are *not* cancer—they're fibroadenomas or cysts. It's also common for most women to have kind of lumpy breasts all the time. And for teenagers, the chances of a lump being cancerous are really slim: too small to calculate, according to the American Cancer Society.

> **FOR TEENAGERS, THE CHANCES OF A LUMP BEING CANCEROUS ARE TOO SMALL TO CALCULATE, ACCORDING TO THE AMERICAN CANCER SOCIETY.**

Even so, it's a terrific idea to get into the habit of checking your breasts once a month for irregularities, especially since someone else in your family had a tumor, which somewhat increases your chances of getting one someday. If you examine yourself before or during your period, you'll probably find more lumps than at other times, because of the way your body reacts to hormones. It's also normal for some women for their breasts to feel sore before their period. The best time to examine your breasts is right after your period ends.

If you don't feel comfortable looking at or touching your breasts, you'll have to get over it. It's crucial to your good health that you become familiar with your body and stay familiar with it for the rest of your life.

■ Start by standing in front of the mirror in a room with good lighting. Look for lumps, dimples, red or rough spots, moles, bulges, or sores. Look at the nipple and areola (the circle of skin around the nipple) as well as the rest of the breast. If your nipples normally stick out, see if they've become inverted (pulled inside). And if your nipples are normally inverted, notice whether they've turned out. Check with your doctor if you see any of these signs.

■ Put your hands on your hips and press inward, the way bodybuilders do, to make your upper chest muscles contract. Again, look for bulging and dimpling in your breasts. Check your breasts from different angles as you turn sideways.

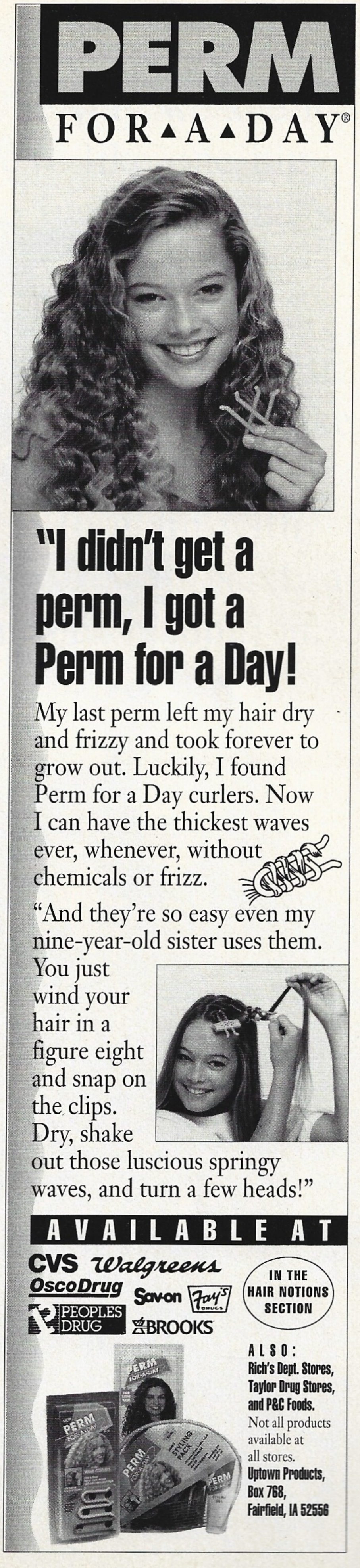
■ Put your palms together in front of your chest, above your breasts, and press. Look for dimpling, bulging, or anything unusual. Still standing, raise your arms, elbows bent and back, and clasp your hands behind your head as if you were about to do a sit-up. Again, check for bulges or dimples.

■ Lying down, bend one arm and put it behind your head. Flattening your other hand, use your fingers to carefully feel the breast on that side. Start on the outside, under your arm, and move in a circular motion until you reach the nipple. Press down to your chest wall as you move your fingers around. Do the same thing on the other side. Feel for any lumps or thickening in the breast, chest, or under your arms. It can be confusing and a little scary the first time you do this, since you really don't know what to look for and even normal, healthy breast tissue may feel weird to a beginner. Finally, gently squeeze each nipple; if any fluid comes out, see a doctor.

How do you know what normal breasts feel like? You first have to find out what's normal for *you*. A good idea is to have your doctor examine your breasts just after your period. Assuming your doctor finds nothing unusual, go home and examine your breasts yourself. If you feel any bumps or lumpy spots, make a mental note that this is what your breasts normally feel like.

Don't flip out if you find any of the signs mentioned above. Remember that it is extremely rare for young women to get breast cancer. But for peace of mind, give your doctor a call.

The best thing you can do right now to protect your breasts? Eat well and stick to a healthy, low-fat diet. Many doctors believe that the changes that can lead to breast cancer begin in developing breasts during adolescence. That means that, starting right now, you can make a significant difference in your future health. ⑰



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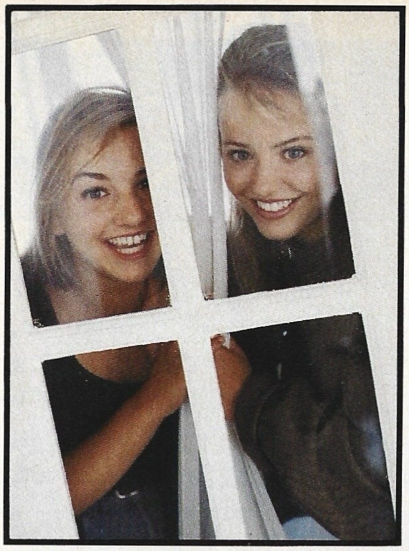
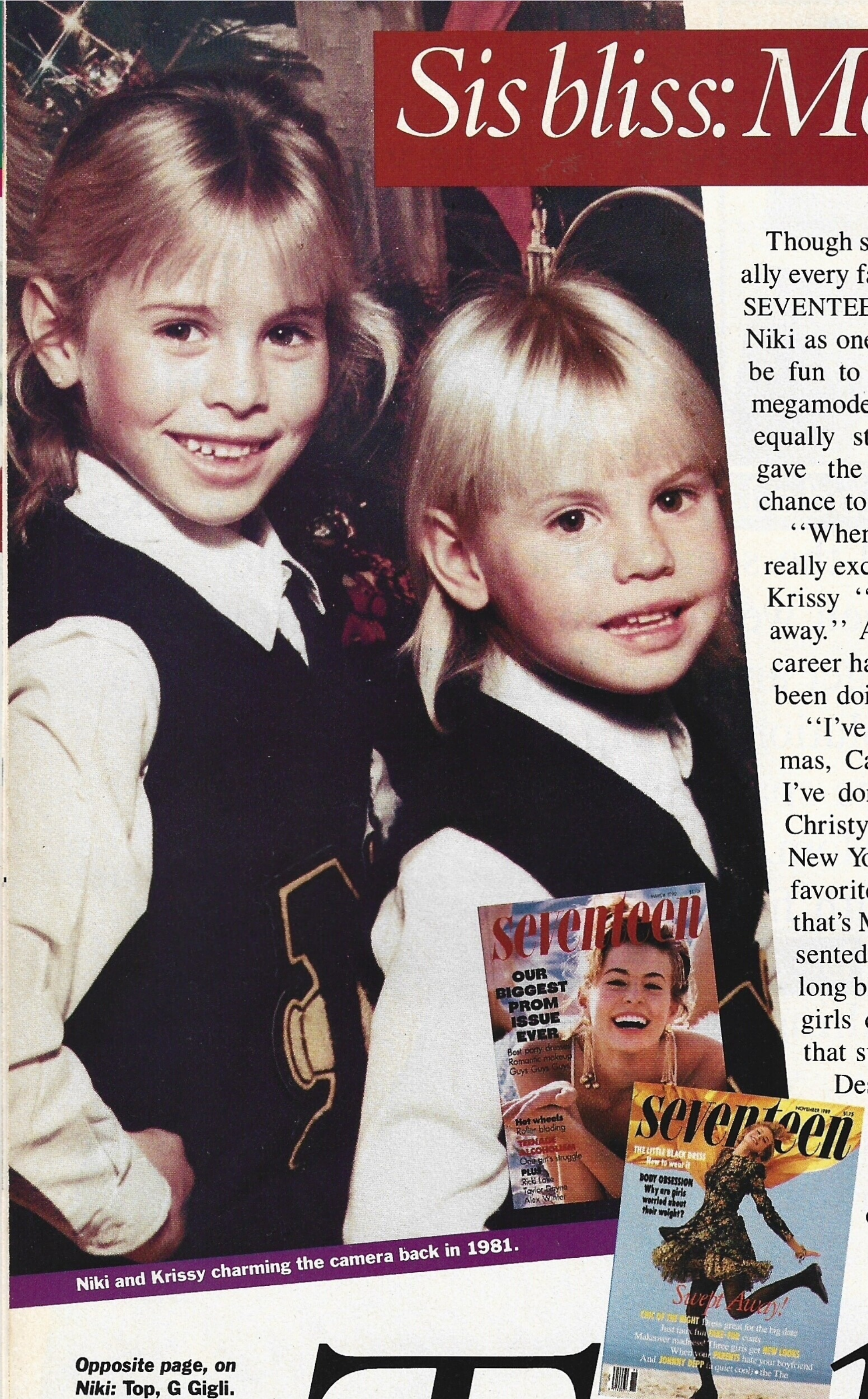


The way we see it, we're like one big family—you included. That's why we're getting down with the `sisters` in this issue of SEVENTEEN. First, `supermodels` Niki and Krissy Taylor take us behind the scenes of a fashion photo shoot. Then we go from great to glam with sibs who get amazing `makeovers`. Next, a perfect solution to help with your resolution: an at-home spa weekend for you, Mom, and Sis packed with fitness, diet, and `beauty` tips. All things being relative, we're off to a great start for a very happy new year.

Sis bliss: Megamodel



Niki and Krissy charming the camera back in 1981.

SEVENTEEN covers, Paul Lange.

Though she's since graced the pages of virtually every fashion magazine, Niki Taylor was a SEVENTEEN discovery. And since we think of Niki as one of *our* family, we figured it would be fun to do a shoot featuring our favorite megamodel and a member of *her* family: her equally stunning sister, Krissy. Besides, it gave the would-be-inseparable siblings a chance to hang out together.

''When Niki first started modeling, I was really excited for her,'' says thirteen-year-old Krissy ''But I miss her so much when she's away.'' And over the last two years, as her career has kicked in, sixteen-year-old Niki's been doing some serious jet-setting.

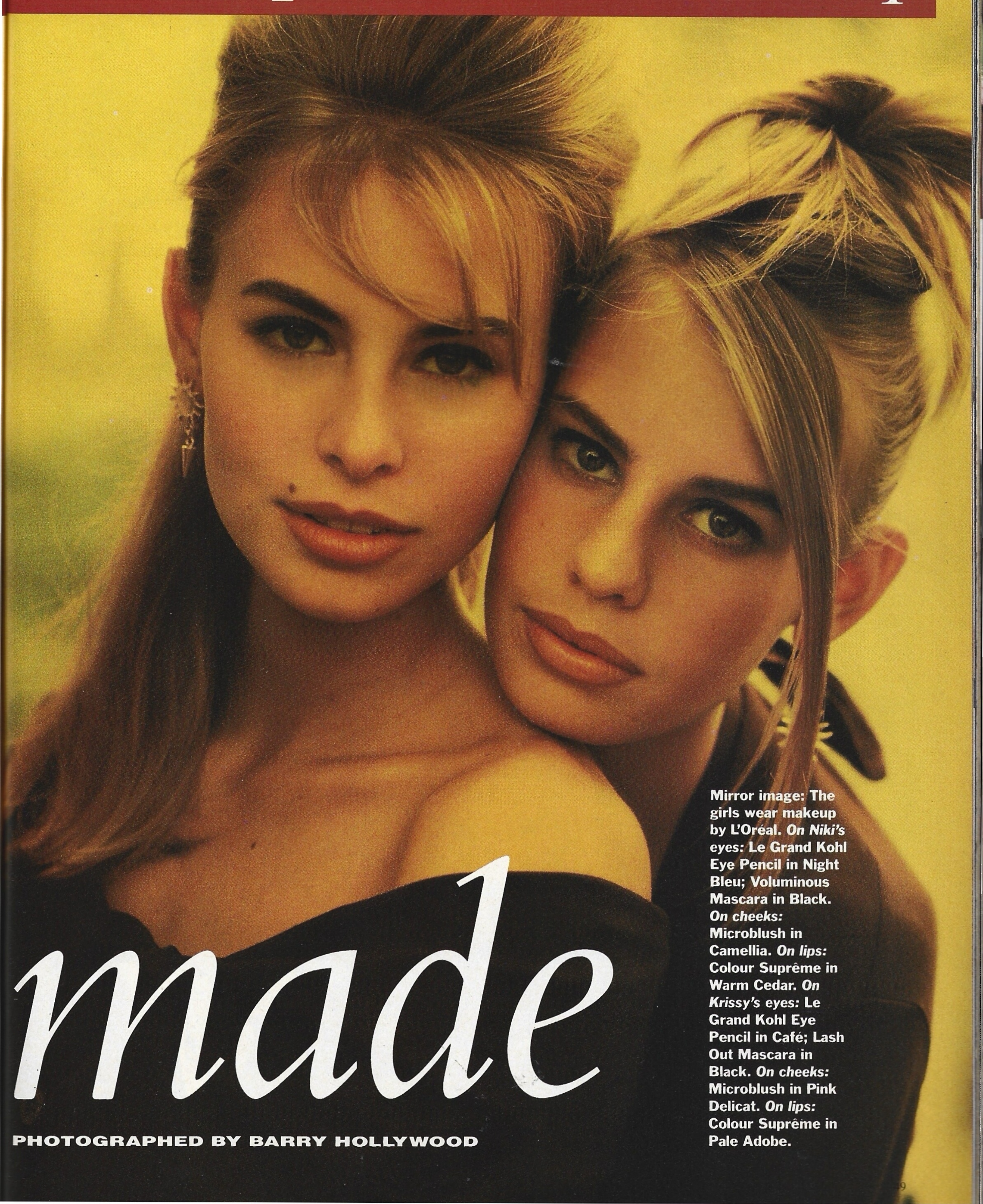
''I've been on photo shoots in the Bahamas, Cabo San Lucas, even Iceland. And I've done runway work with models like Christy Turlington and Linda Evangelista in New York and Paris,'' says Niki. ''But my favorite place is home.'' For the Taylors, that's Miami, Florida, where Niki is represented by Irene Marie Inc. And with their long blond hair and gold-touched skin, the girls definitely look like they belong in that sunny city.

Despite her fame, Niki claims she's a pretty average teenager. ''I'm not really different from other people,'' she says modestly. Of course, other people don't see it ▶

Taylor-

***Opposite page, on Niki:* Top, G Gigli. Earrings, Domani Designs; $18. *On Krissy:* Dress, G Gigli. Earrings, Domani Designs; $19. Stores, last pages. *On these six pages:* Hair by Rodney Groves and makeup by Timothy Metz, both for Vartali Salon, New York.**

Niki Taylor and sister Krissy

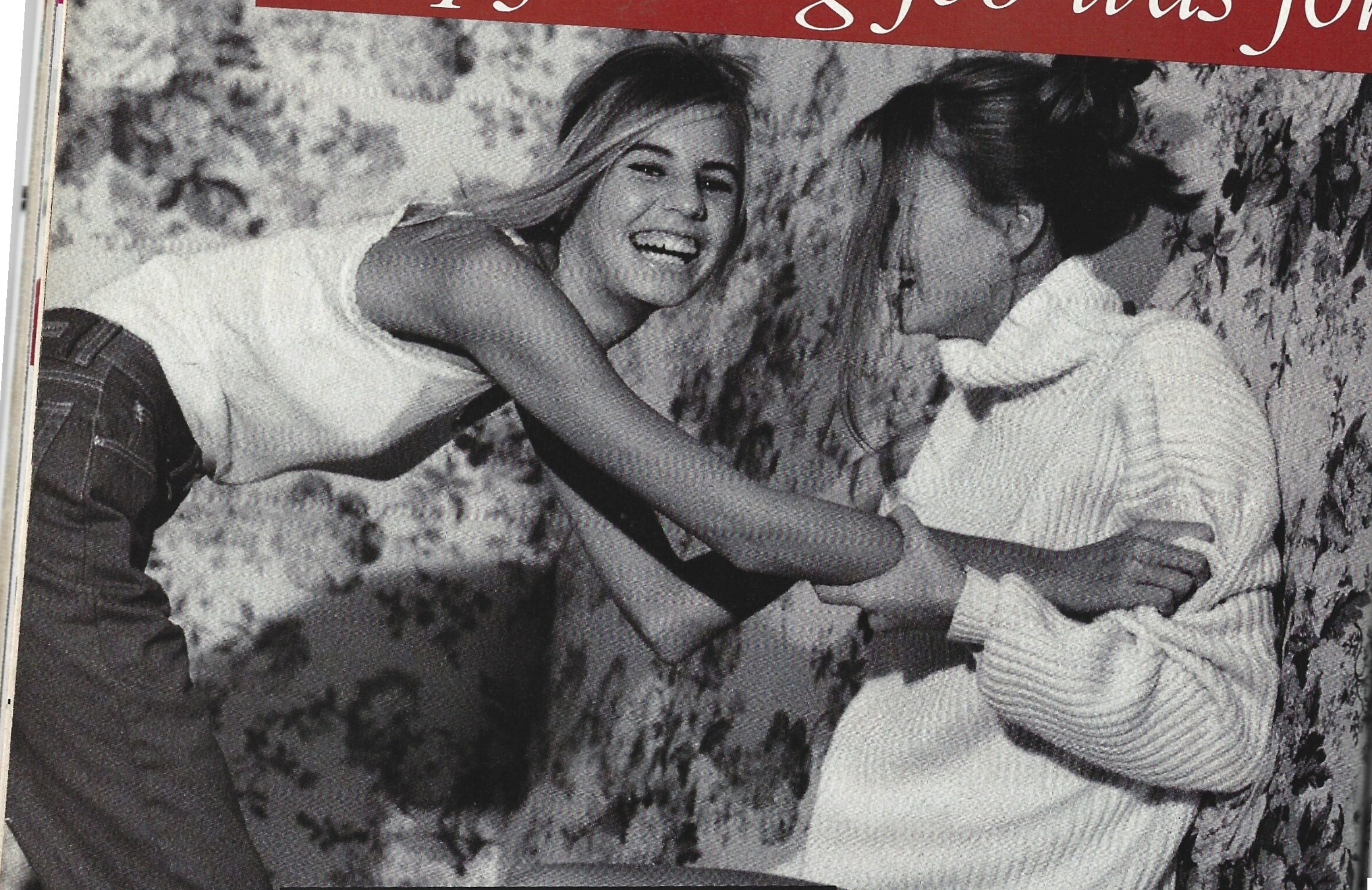


made

PHOTOGRAPHED BY BARRY HOLLYWOOD

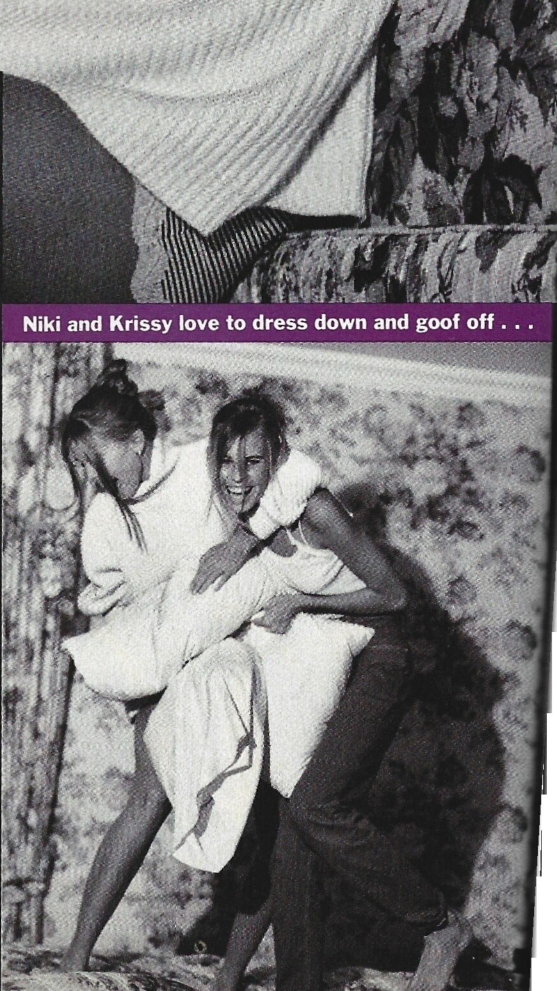
Mirror image: The girls wear makeup by L'Oréal. *On Niki's eyes:* Le Grand Kohl Eye Pencil in Night Bleu; Voluminous Mascara in Black. *On cheeks:* Microblush in Camellia. *On lips:* Colour Suprême in Warm Cedar. *On Krissy's eyes:* Le Grand Kohl Eye Pencil in Café; Lash Out Mascara in Black. *On cheeks:* Microblush in Pink Delicat. *On lips:* Colour Suprême in Pale Adobe.

“My first big job was fo



A wild pillow fight in New York's Westbury Hotel

Niki and Krissy love to dress down and goof off . . .



SEVENTEEN!"

that way. "By now, everybody knows me," Niki admits. And those who don't just might mistake her for Cindy Crawford. Says Niki, "People think I look like her . . . we have the same mouth and the same mole." Yet once Niki's photo started appearing on tags for Rampage clothes, "people would stop me in the store and say, 'Oh! Is this you?' " Adds Krissy: "When she picks me up at school, the kids are like, 'Oh, God! I met Niki Taylor!' "

Her supermodel status hasn't spoiled Niki at all—she describes herself as "real" and "goofy." And she's not only down-to-earth, she's concerned about it, especially the watery parts. "I'm still interested in getting a degree in oceanography in college," Niki says.

Still, although she's not hung up on beauty, Niki, the youngest model ever to sign a major contract with L'Oréal, has picked up her share of tips—which she gladly passes on to Krissy. "Niki's really good with makeup, and she's taught me a lot," Krissy says.

Niki also has to watch her diet and work out to keep her five-foot-eleven form in top shape. "When I was Krissy's age, I'd go to McDonald's every single day—now I don't even walk into the place!" Niki says with a mock moan. Her personal trainer has her on a strict regimen: no fried foods, no cookies, and no pork, plus plenty of time on the Nautilus machine (two hours a day, three days a week).

As far as her fashion sense goes, Niki, who claims she ▶

. . . *and* get done up to go out on the town.

***Opposite page, on Krissy:* White tank top, Sears Catalog; $9. Red jeans, Lawman; $56. *On Niki:* Cream sweater, Allen Allen, USA; $78. Striped shorts, Diapositive; $68. *This page, on Niki:* Top and leggings, G Gigli. Earrings, Domani Designs; $18. *On Krissy:* Purple dress, G Gigli. Earrings, Domani Designs; $19. Stores, last pages.**

"Thanks to my mom and SEVENTEEN Model Editor Donna Rubinstein, I got where I am today!"

Niki and Krissy muse over the menu.

"We're best

SOS save our skin

PHOTOGRAPHED BY BARRY HOLLYWOOD

protect

The environment's in trouble—and the more it suffers, the tougher it is on your skin. "The environment is much less friendly now than it was when our parents were growing up," says Janice Longstreth, PhD, a consultant for the Environmental Protection Agency, "especially in terms of the sun's UV rays." Protection from both the UVB (burning rays) and the longer-wavelength UVA rays is essential—they not only may cause wrinkles down the road but can make the skin dry and tight right now. "As the skin becomes drier, it loses its ability to be an effective shield against the environment," says dermatologist Dr. Diana Bihova. So get into the daily sunscreen habit with a product that bans rays and hydrates skin. (A few of our favorites, all with SPF 15: Clinique Oil-Free Sun Block, Oil of Olay Daily UV Protectant Beauty Fluid, Neutrogena Moisture, and Clarion Double Defense Dual Protection Moisturizer.) Moisturizers also form a protective shield against the skin's other environmental enemies: pollution, wind, and artificial climates (in winter, that means dehydrating indoor heat). The richer the moisturizer, the better the barrier, so if you're using a light-textured lotion, switch to a thicker cream. (For the face, check out Prescriptives Comfort Cream. What works well for the body: Nivea Creme.) Slather up while skin is still damp—after showering is best—to seal in moisture. One last tip: If you have very dry skin, use a gentle cleanser, like soap-free Cetaphil.

beautify

The makeup you put on your face can actually help save it. The pigments (coloring materials) guard against pollutants; plus many modern cosmetics come with built-in sunscreen. To protect all over, use a foundation like Maybelline Active Wear Make-up with SPF 8 or Almay SPF 15 Cream Powder Makeup. Lips are especially burn-prone, as they contain little melanin—the skin's own natural sun protector. And since they lack the stratum corneum (the outer layer the rest of the skin has), lips also get dry and chapped easily. Apply balm frequently (try Revlon Triple-Action Lip Defense with SPF 19), or if you want color, pick a smart stick (like Clinique Sun Buffer Lipstick or Sally Hansen Quencher Lipshine, both with SPF 15). You can even choose eye shadow with an eye toward protection—crucial, since this area of the face is so delicate. (What looks great: Princess Marcella Borghese's moisturizer-enriched Shadow Milano Trio.)

Get clean

About 2.7 billion pounds of toxic substances are released into the air by industry each year, according to Environmental Protection Agency estimates. Pollution solutions are many, and the world is working on cleaning up its act—but until the air becomes pure again, we have to contend with tons of smog, dust, dirt, and grit on our faces. To deal: Stick with a daily cleansing program that's right for your skin type and exfoliate once a week (try Clinique Gentle Exfoliator Rinse-Off Formula).

Stop CFCs

Currently more than two billion pounds of chlorofluorocarbons (CFCs)—the chemicals that are zapping the ozone layer—are produced each year. Yikes! It's the precious ozone layer that protects us from the sun's dangerous UV radiation. Naturally, you'll want to avoid using any products that contain CFCs—which is getting easier, as concerned countries have limited production and are investigating safe substitutes. But since you're getting hit by more UVs than ever, using sunscreen is a must.

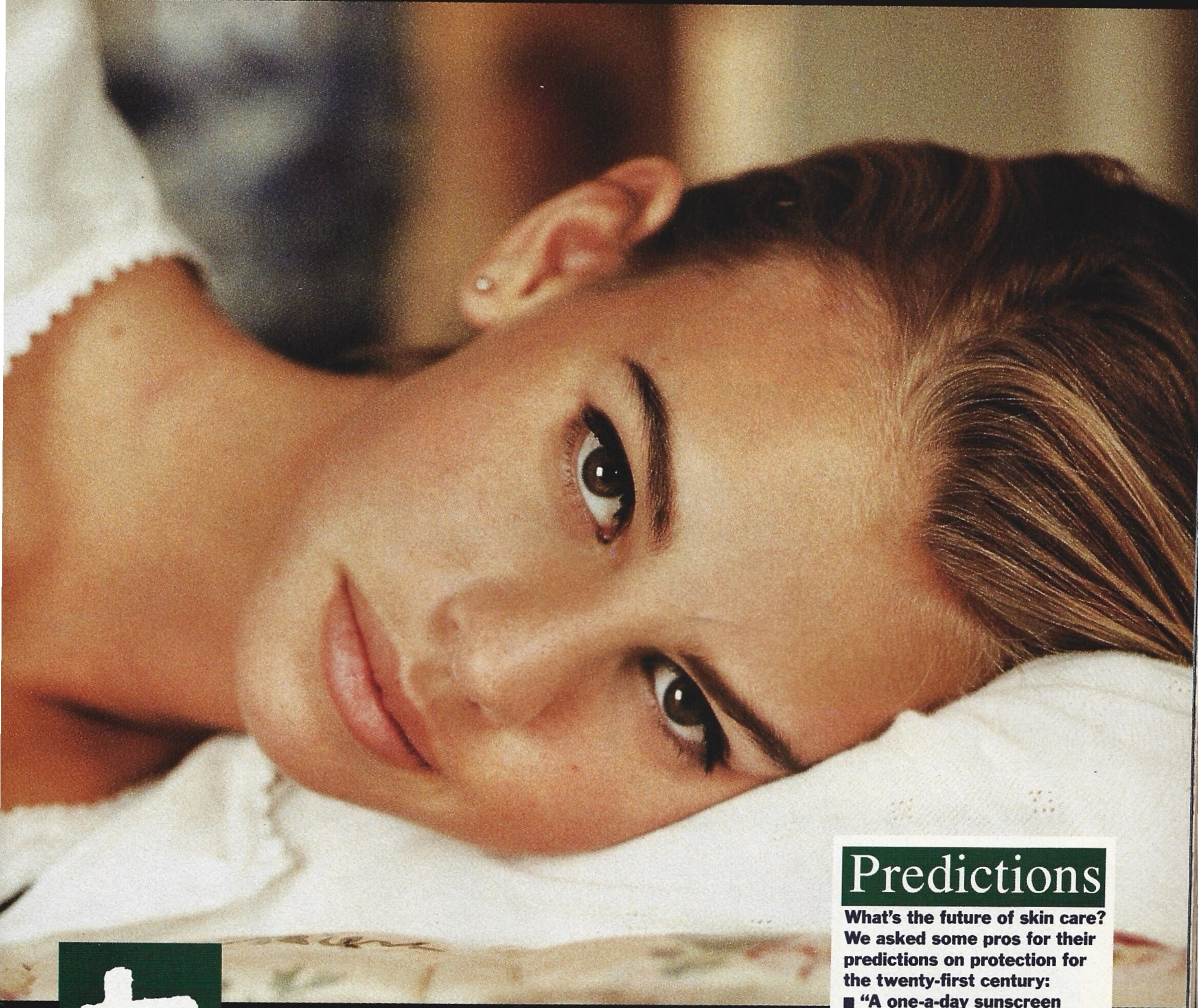
Take care

So you know that the environment is tough on skin—but did you realize that some of the steps you take to help your complexion may actually harm it? Moisturizers and cleansers contain additives that can cause allergic reactions. Symptoms? Stinging, itching, or a rash. Culprits? Fragrances, preservatives (like paraben), lanolin (an emollient), and detergents. If your skin is sensitive, check out preservative- and fragrance-free cleansers and moisturizers by Basis.

Eat pure

We can't fully combat UV rays and pollutants with what we put into our bodies. But, says dermatologist Dr. Diana Bihova, "By eating foods that are vitamin-rich, like milk, vegetables, and fruit, we supply our skin with the nutrients it needs to resist environmental detriments."

Earrings, Afterthoughts. Hair by Rodney Groves and makeup by Timothy Metz, both for Vartali Salon, New York.



The same saboteurs that plague our planet have it in for your skin . . . all three thousand square inches of it. Here, ways to fight back!

Predictions

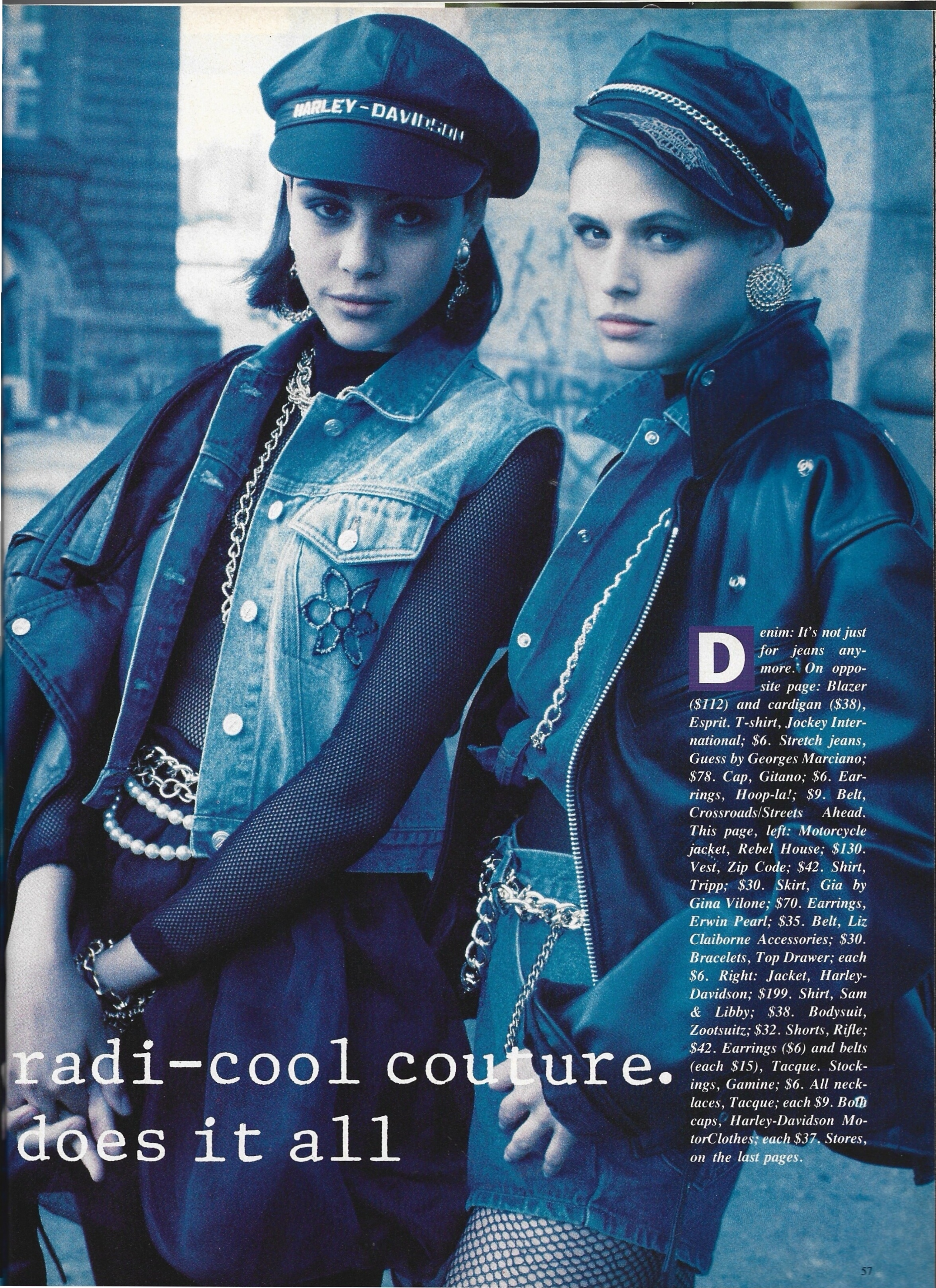
What's the future of skin care? We asked some pros for their predictions on protection for the twenty-first century:

- **"A one-a-day sunscreen pill; all-in-one products—the cosmetic equivalent of the Swiss Army knife."—Dr. Diana Bihova, dermatologist.**
- **"Special clothing with SPF."—Dr. Lewis Kaminaster, dermatologist and Coppertone Sun Care Council member.**
- **"Cosmetics that offer better protection from pollutants and UV radiation, smartly packaged in biodegradable containers." —Sven Thormahlen, director of product development for Beiersdorf, Inc.**
- **"Customized skin care—a computer that will analyze your skin and recommend products."—Darrell Doughty, head of investigative dermatology at Oil of Olay.**
- **"Natural preservatives derived from seaweed and vitamin compounds, to make keeping food fresh safer and healthier."—Dr. Robert Giller, nutrition specialist.**

THE NEW BLUES

PHOTOGRAPHED BY ANTOINE VERGLAS

Very fresh or
Now denim



radi-cool couture. does it all

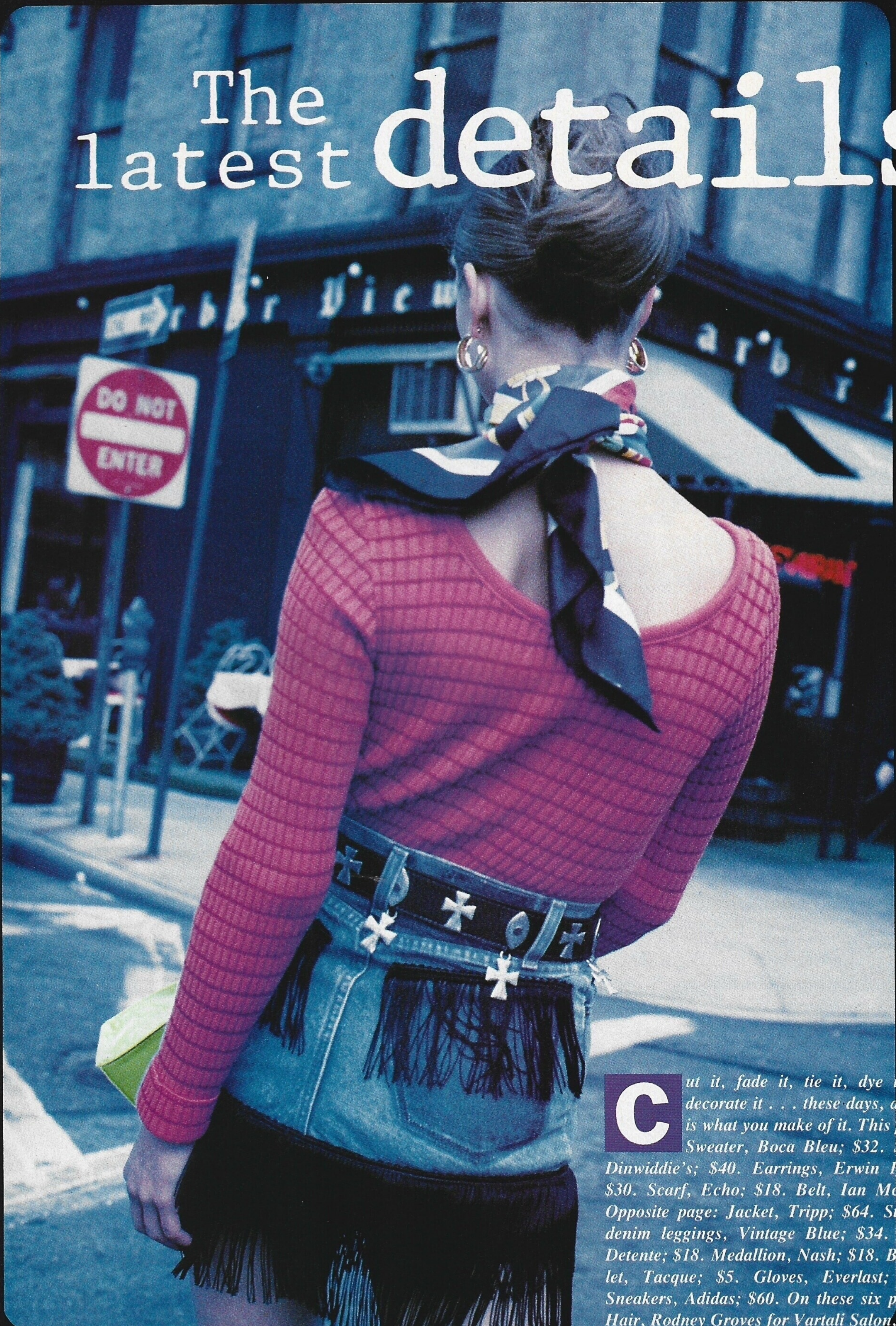
Denim: It's not just for jeans anymore. On opposite page: Blazer ($112) and cardigan ($38), Esprit. T-shirt, Jockey International; $6. Stretch jeans, Guess by Georges Marciano; $78. Cap, Gitano; $6. Earrings, Hoop-la!; $9. Belt, Crossroads/Streets Ahead. This page, left: Motorcycle jacket, Rebel House; $130. Vest, Zip Code; $42. Shirt, Tripp; $30. Skirt, Gia by Gina Vilone; $70. Earrings, Erwin Pearl; $35. Belt, Liz Claiborne Accessories; $30. Bracelets, Top Drawer; each $6. Right: Jacket, Harley-Davidson; $199. Shirt, Sam & Libby; $38. Bodysuit, Zootsuitz; $32. Shorts, Rifle; $42. Earrings ($6) and belts (each $15), Tacque. Stockings, Gamine; $6. All necklaces, Tacque; each $9. Both caps, Harley-Davidson MotorClothes; each $37. Stores, on the last pages.

Shapes are out of

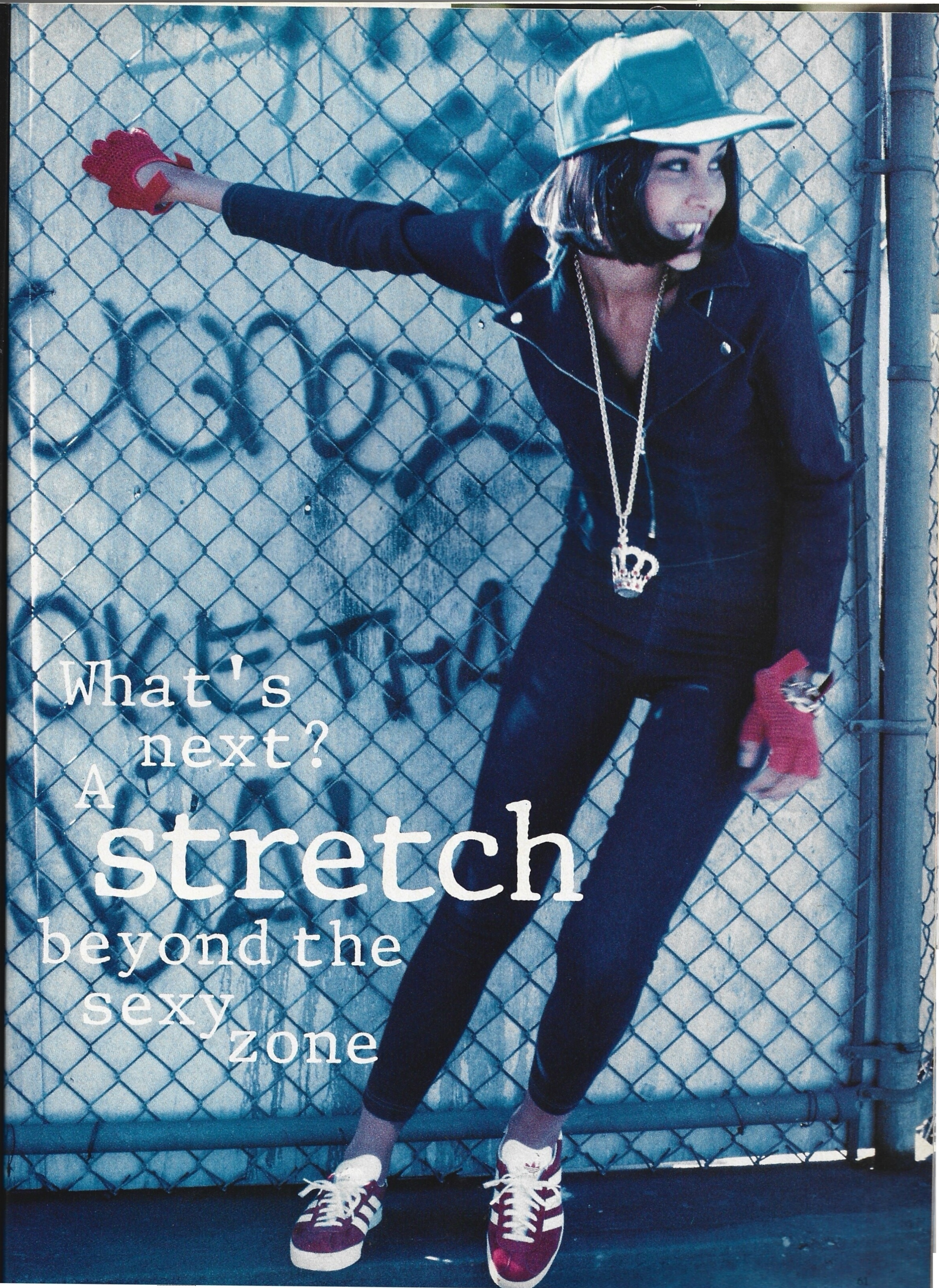
Classic silhouettes—like a short-sleeve top, leggings, and a pair of sandals—look totally new when they're done in denim. Opposite page: Jacket, Dakota Blue; $75. Shirt, Soho Compagnie; $30. Earrings, Ooops A Daisy; $6. Ring, Kandahar. This page: Top, Cool Wear; $35. Stretch denim jeans, JouJou; $40. Sandals, Sam & Libby; $40. On page 3: Tie-front top, K.D. dids; $36. T-shirt, Esprit; $28. Jeans, IIT; $48. Hat, Gitano; $8. Bracelet, East O'Java. For stores, turn to the last pages.

the blue...chic

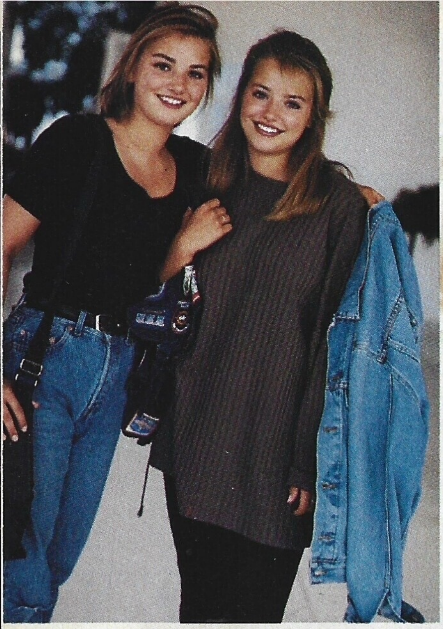
The latest details



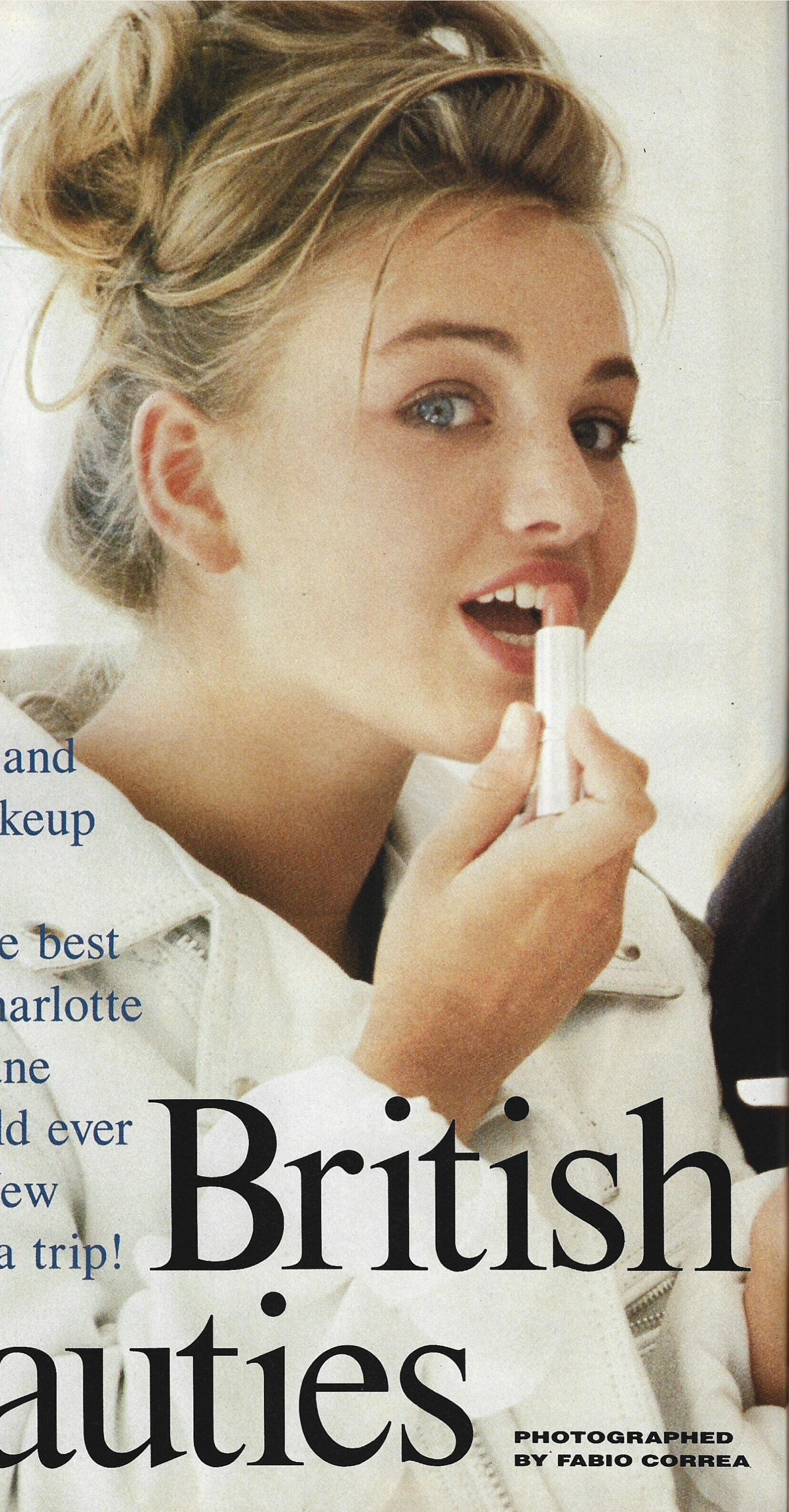
Cut it, fade it, tie it, dye it, or decorate it . . . these days, denim is what you make of it. This page: Sweater, Boca Bleu; $32. Skirt, Dinwiddie's; $40. Earrings, Erwin Pearl; $30. Scarf, Echo; $18. Belt, Ian McColl. Opposite page: Jacket, Tripp; $64. Stretch denim leggings, Vintage Blue; $34. Cap, Detente; $18. Medallion, Nash; $18. Bracelet, Tacque; $5. Gloves, Everlast; $10. Sneakers, Adidas; $60. On these six pages: Hair, Rodney Groves for Vartali Salon, New York. Makeup, Giorgio for Recine Salon, New York. For stores, see the last pages.



What's next? A stretch beyond the sexy zone



Definitely down-to-earth *(above)*. This is how the Schmidt sisters were dressed when they came to SEVENTEEN's photo shoot.



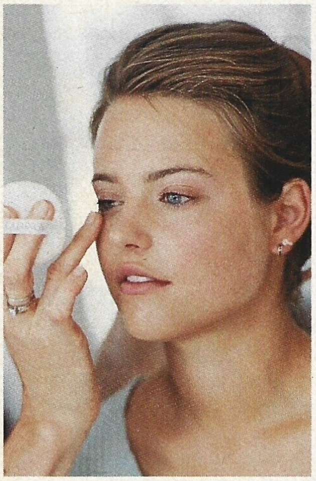
Sleek updos and gorgeous makeup for day and night . . . the best souvenirs Charlotte and Sarah-Jane Schmidt could ever pick up in New York. What a trip!

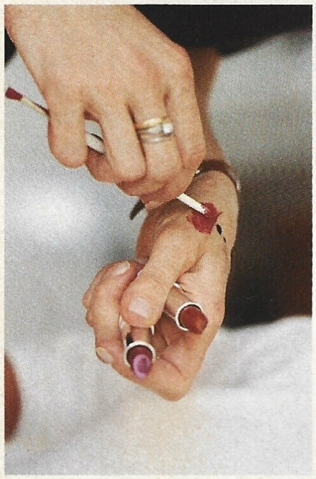
British Beauties

PHOTOGRAPHED BY FABIO CORREA

When Charlotte, sixteen, and Sarah-Jane, nineteen, planned their recent trip to New York, they never dreamed they'd return to school in London with new looks. So imagine the Schmidts' surprise when they were stopped on Park Avenue by SEVENTEEN's creative director, Nancy Hessel Weber, who knew they'd be perfect for our makeover story—featuring makeup expert Barbara Daly from the British-based Body Shop. Says Charlotte, ''When Nancy approached us, we were totally psyched.'' The sisters loved the fact that none of The Body Shop's products are animal-tested. And the opportunity to glam it up for our camera was something the two wannabe actresses couldn't resist. How did they become interested in show biz? ''We signed up for drama classes and found that acting let us express our true feelings,'' explains Sarah-Jane, who plans to stay in London to continue studying drama. But Charlotte would rather move to New York to finish high school and pursue her acting career. ''The city inspires me to be myself,'' she says. Besides, New York has some great places to shop. The first thing she and Sarah-Jane did once their fantastic makeovers were finished? Charlotte says, ''We bought the same pair of cowboy boots—in black.'' Here, how they got the sophisticated looks Londoners back home loved. . . . ▶

Far left, on Charlotte: **Leather jacket, The Antique Boutique.** ***Near left, on Sarah-Jane:*** **Jacket, Kookaï. Earrings, Erica Courtney.** ***On these four pages:*** **Hair, Hisato Hanada for Bruno Le Salon, New York. Makeup, Barbara Daly for Colourings at The Body Shop.**





Dramatic looks

Barbara Daly, makeup pro for The Body Shop, gives these sisters glamorous effects for evening. . . . **FACE** Barbara mixed two shades of foundation to match each girl's skin tone and applied the formula to the T-zone with a damp sponge. Next, to help makeup last, she dusted powder over the entire face with a puff (especially around eyes, nose, and mouth) to absorb oil, then brushed off the excess. **EYES** To lighten the area around the eyes, Barbara dabbed concealer on the dark spots with her finger. Next, she applied black liquid eyeliner to the lids. The technique: While looking down into a mirror, place your forefinger at the outer corner of your upper lid, and push up. Then draw a line from the inner to the outer corner, turning the line up slightly at the end. To highlight the eyes, Barbara dusted the lids with a pale pink shade. The finishing touch: two coats of black mascara on the lashes to match the girls' brows. **CHEEKS** Barbara brushed pink blush lightly on the apples of the cheeks. **LIPS** Using a lip brush, she applied a mixture of red and wine lipstick. What's the best thing about these looks? Substitute sheer color for the rich shades, and they'll look just as great for day.

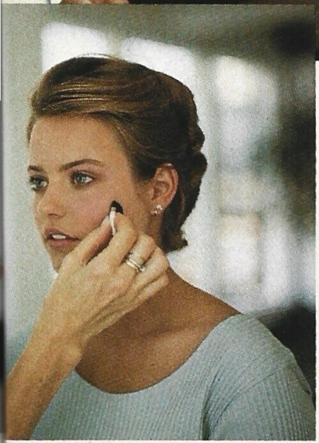
The first act: Barbara Daly lets the girls in on some of her expert makeup tips.

The artist at work. *Above:* Barbara uses an eye shadow brush to demonstrate the blending technique. *Top left:* To balance uneven skin: Dab on concealer and gently pat it in place with your finger. *Center left:* Two lip colors are better than one—when they're mixed together. *Left, clockwise from top left:* Some of The Body Shop's Colourings makeup shades. Lipstick numbers 11, 12, 5, 14, 6, 13, 8; Brush-on Bronze and Brush-on Rose blusher beads; eye shadow numbers 2, 12, 6, 4, 3, 7, 13, 8, 10, 14; Tinted Cheek Colour number 41.

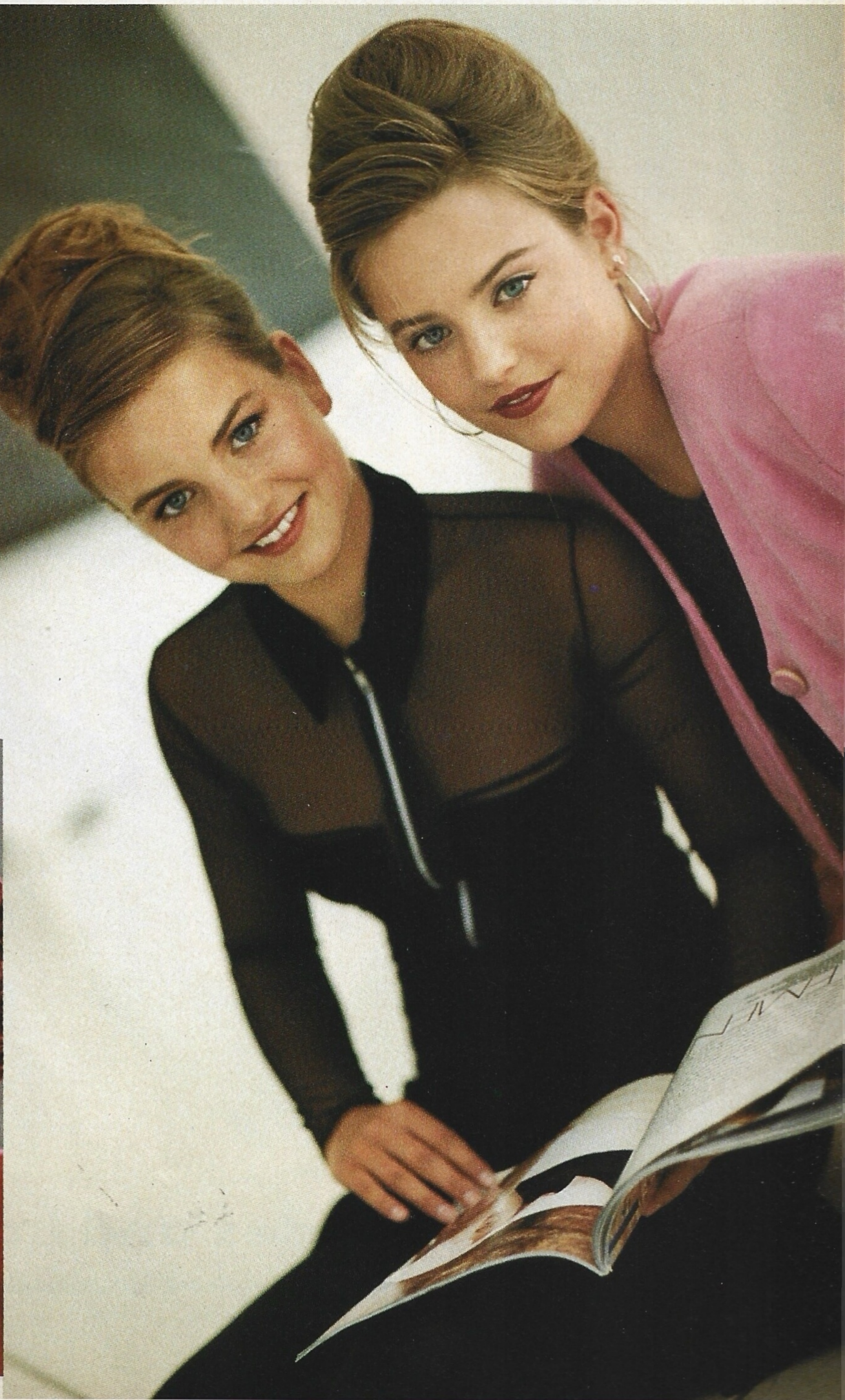
Hair dos

When your features are so beautifully defined, you want a sleek hairstyle to show them off, right? One upswept look to try: Rub mousse through the ends of dry hair to add texture, then set hair with rollers for extra body and manageability. Next, blow-dry hair for about five minutes to set the curls. Remove rollers, finger-comb hair, and flip head upside down to brush. Finally, return to an upright position and tease roots at the crown for extra height. Now you're ready to style: Separate the front portion of hair and gather the rest into a high French knot, lifting up as you twist. Secure with hairpins, and let ends fall loosely from the top. Smooth the front portion across the forehead, and pin it into the knot in back. Secure front and sides with hair spray. Another nighttime option: Twist hair into a ponytail, and tuck it under a funky hat. When you remove the hat, your hair will fall into soft, sexy curls.

Last scene: Charlotte and Sarah-Jane look absolutely gorgeous—with dazzling faces and chic hairstyles. Says Charlotte: “Our makeovers really make us feel great!”



***Above and right, on Charlotte:* Jacket, Michele Lamy. Pants, BeBo Beverly Hills. *On Sarah-Jane:* Jacket, Benetton. Top, Holly Lueders. *Left:* Top, Free People. *Below left, on Sarah-Jane:* Hat, Winfield Cover Company. *On Charlotte:* Top, Esprit. Hat, Imarisha for New York Hat & Cap Co.**



Shocking shades and hot shapes. Definitely

Step, leap, *pas de chat* . . . moves that are gonna make you sweat—if you're a member of the Dance Theatre of Harlem, that is. Founded in 1969 in the basement of a Harlem church by Arthur Mitchell of the New York City Ballet, the company set out to give economically disadvantaged kids a chance to dance. Today there's a school with over four hundred students and a dance troupe that electrifies stages worldwide with its unique interpretations of classical ballets. Performances at London's Royal Opera House and New York's Metropolitan Opera House have proved the Dance Theatre's award-winning talent. That's how we knew they'd be perfect for our fashion story: What better way to show off such fierce clothes than on dancers who fly!

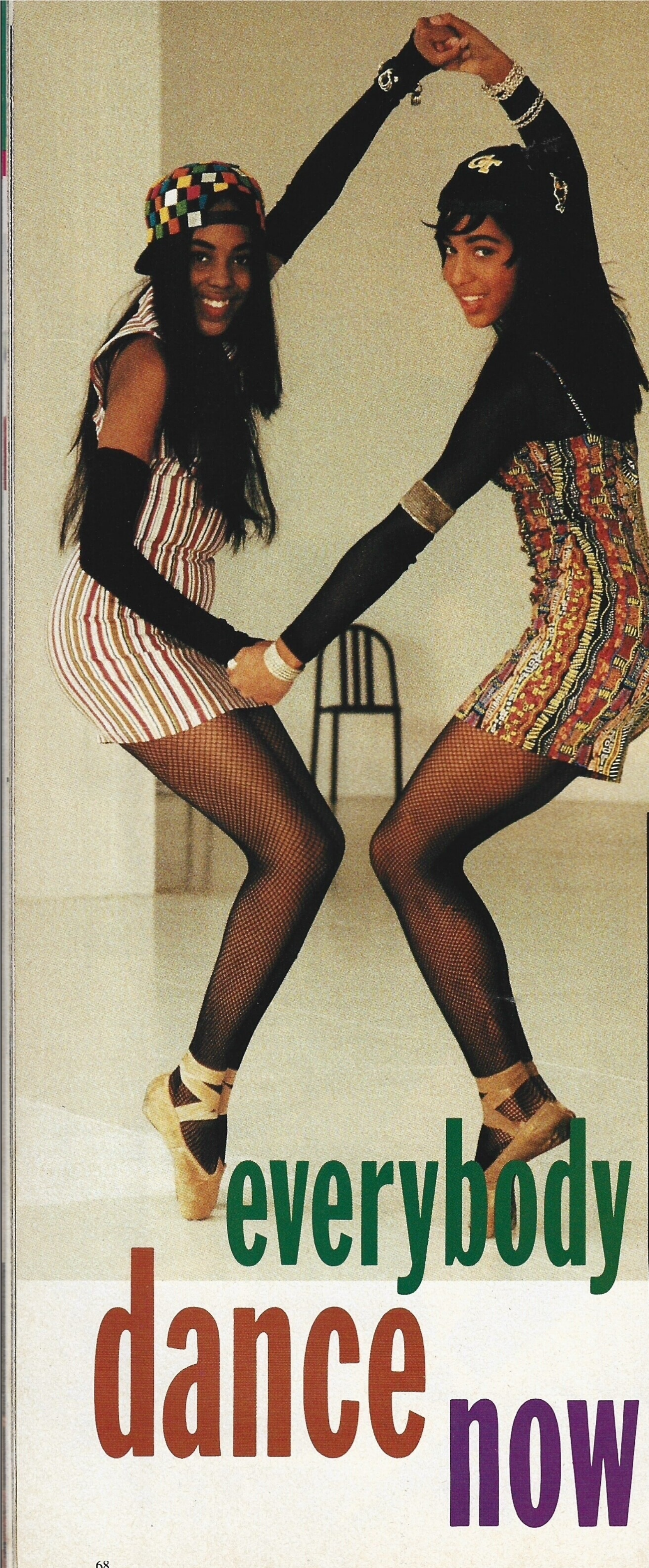
moving

The big groove

Take it from the pros: They get their kicks from styles that burst with energy. *From far left, on De'Adre:* Color-blocked romper, Raymond Dragon; $78. Ballet slippers, Capezio by Ballet Makers; $32. *On Ismail:* Jacket, Greenie. T-shirt, Lands' End. Pants, Cross Colours. Belt, Tequila Belts. *On Bethany:* Color-blocked top ($36) and multicolored striped shorts ($24), Raymond Dragon. Tights, City Socks; $10. Ballet slippers, Capezio by Ballet Makers; $17. *On Terry:* Overalls and hat, Cross Colours. Tank top, Jockey International. *On Megan:* Swimsuit, Swimwear by Adrienne Vittadini; $68. Leggings, Jumping Joy; $19. Bracelet, Ian's; $10. Cap, New York Hat & Cap Co. Belt, J. Crew; $36. Ballet slippers, Capezio by Ballet Makers. All hairpieces, Jacquelyn Wigs. For stores, see the last pages. *On these six pages:* Hair, Jimmy Paul for Oribe at Elizabeth Arden, New York. Makeup, Lorraine Leckie for Warren Tricomi, New York.

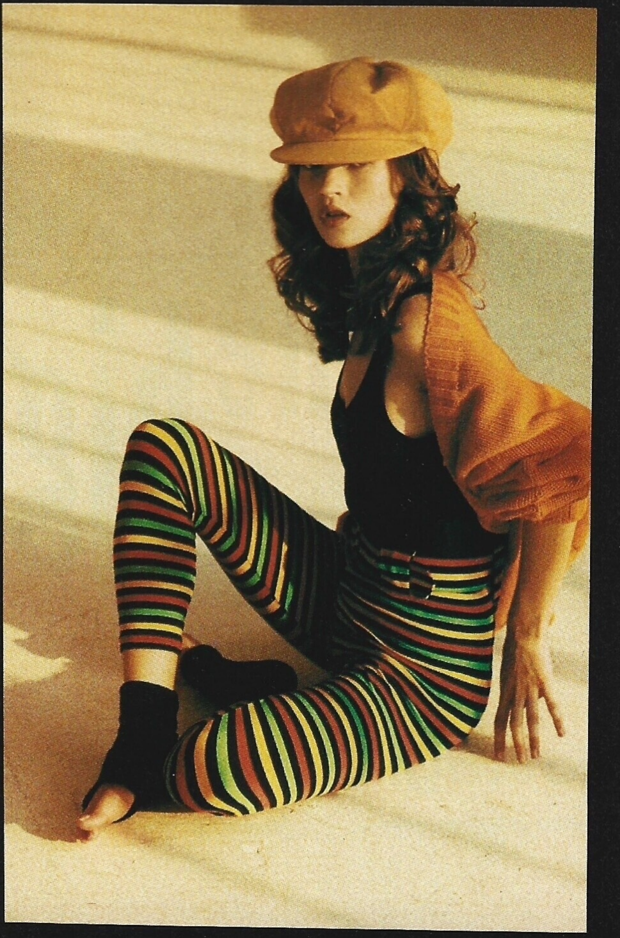
PHOTOGRAPHED
BY ULI ROSE

bright stripes, ethnic



everybody dance now

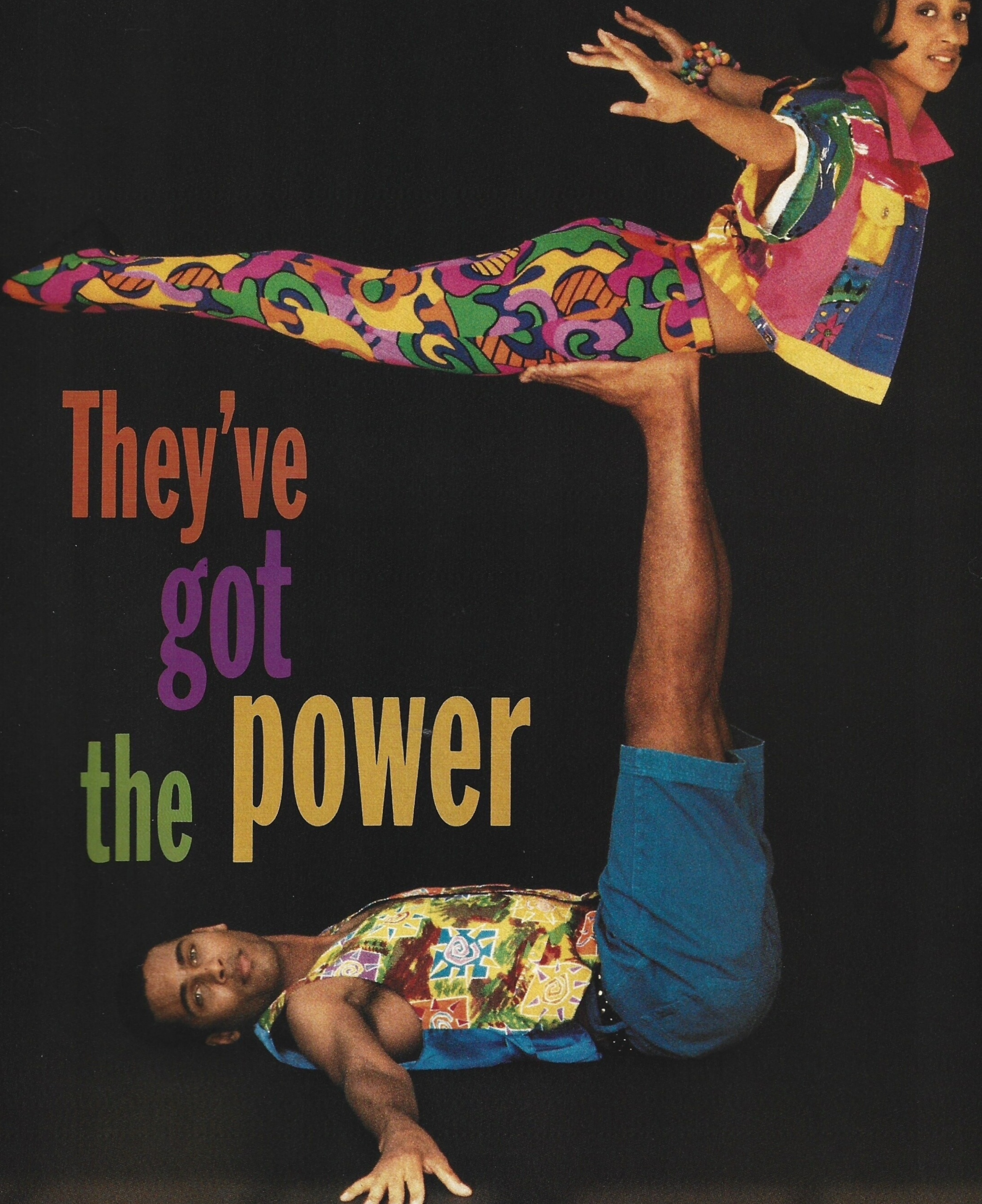
Keeping up with the tempo. . . . *This page, left, on De'Adre:* Striped dress, French Connection; $72. Bracelet, Ian's; $12. Baseball cap (with felt and mirrored squares), Whittall & Shon; $45. Black fishnet pantyhose, Gamine; $6. Toe shoes, Capezio by Ballet Makers. *On Megan:* Multicolored patterned dress, Daffy; $45. Long-sleeve mesh top, Weston Wear; $60. Chain necklace (worn as bracelet), Agatha Paris. Cuffs, Interport; each $12. Ring, Michael Bucher. Black fishnet pantyhose, Guess; $8. Toe shoes, Capezio by Ballet Makers. Both hairpieces, Jacquelyn Wigs. *Below, on our model:* Sweater, Iwanciw Functional Funware; $68. Tank leotard, Marika; $16.50. Multicolored striped leggings, Sam & Libby; $40. Cap, Detente; $25. Socks (we cut the toes), E.G. Smith.



prints, funky tie-dyed looks

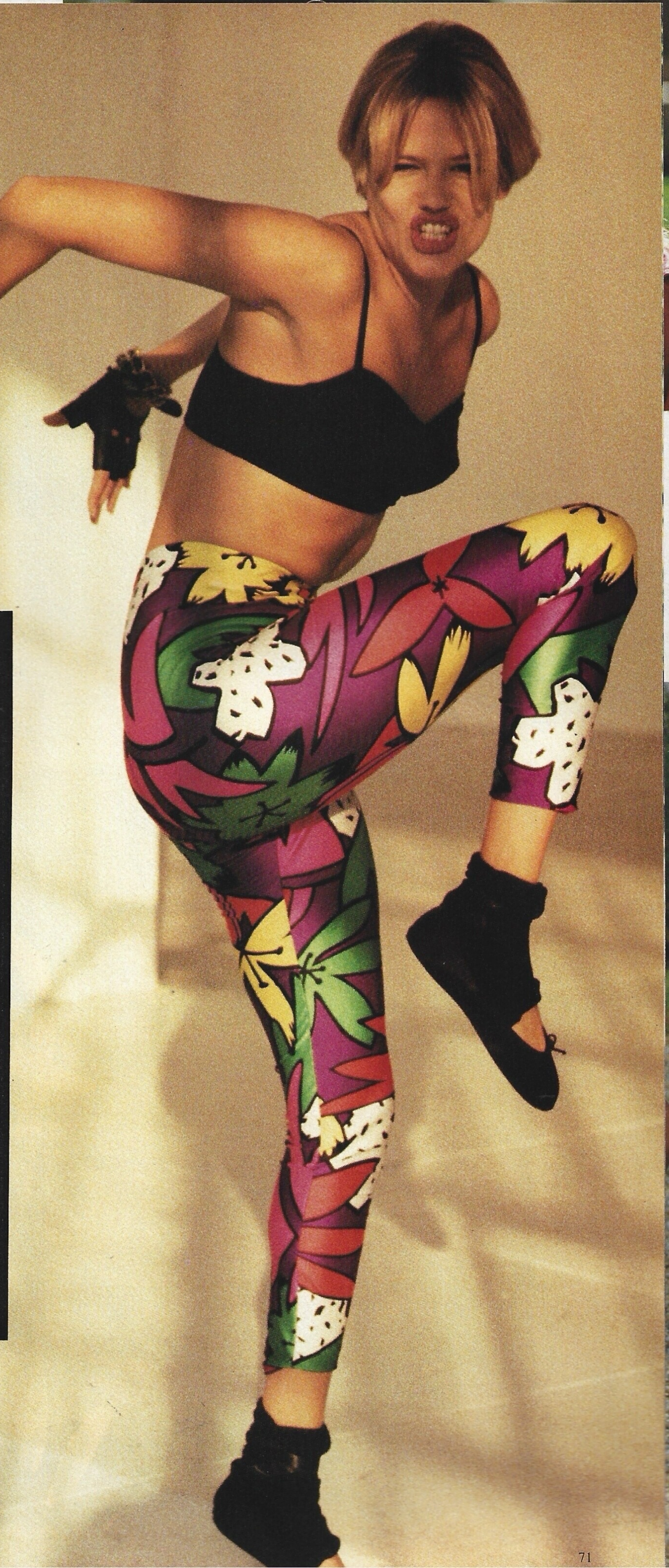
Chic pieces that'll sweep you off your feet. *This page, on Bethany:* **Striped multicolored vest, Soho Compagnie; $32. Leotard, Marika; $23. Tie-dyed jeans, Genetic Genes; $45. Earrings, Boma; $15. Fingerless leather gloves, Harley-Davidson MotorClothes; $22. Cuff, Interport. Toe shoes, Capezio by Ballet Makers. Hairpiece, Jacquelyn Wigs.** *On Terry:* **Overalls, Cross Colours. Shirt, Gurilla Biscuit. Ballet slippers, Capezio by Ballet Makers. Stores, last pages.**

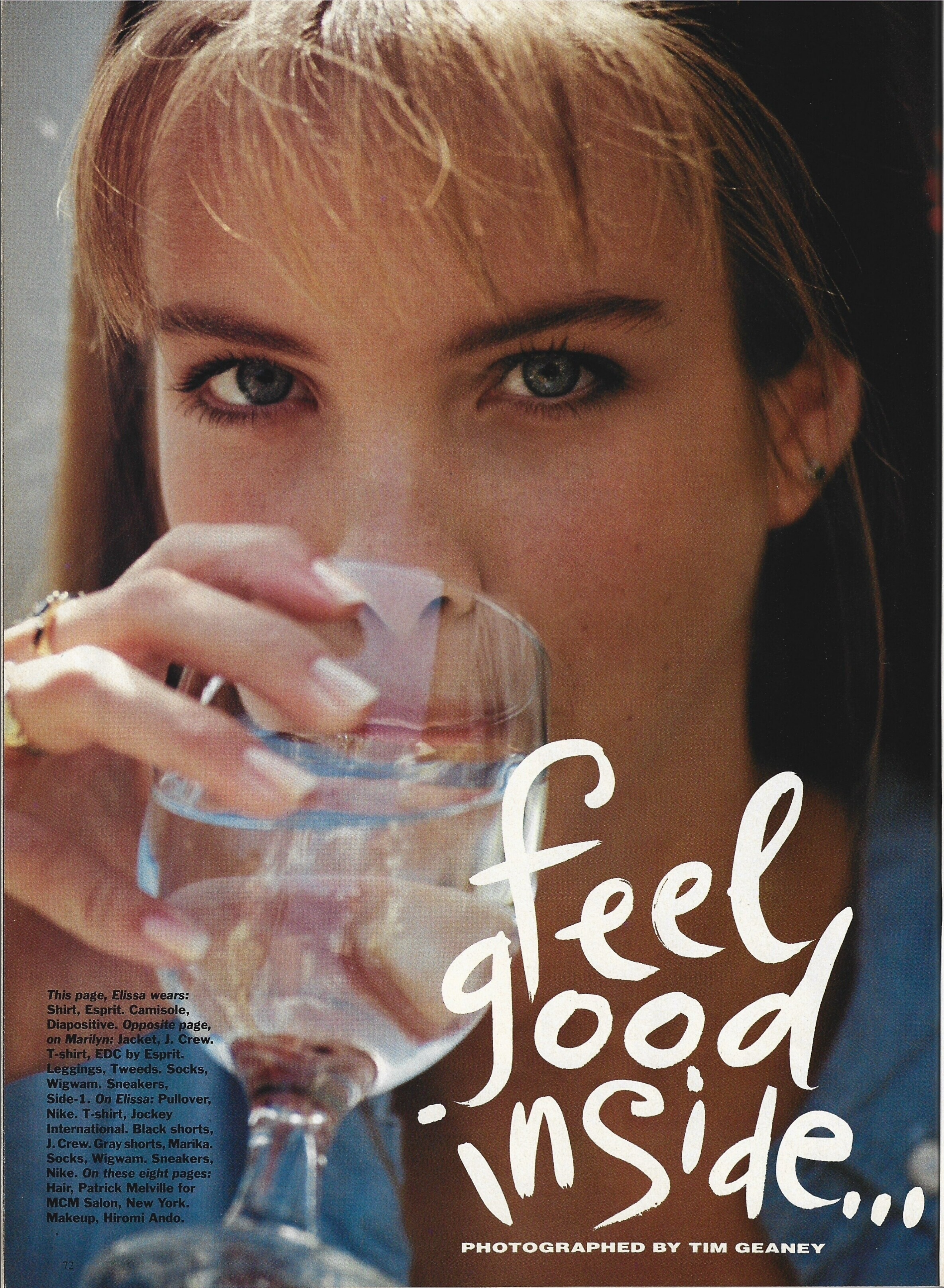
bold styles that show off the body



They've got the power

It takes a lot of practice to pull off these moves. But if your clothes are as flexible as you are, you're starting out on the right foot. Here, some funky prints in body-skimming shapes. *Opposite page, on Bethany:* Jacket, Michel Sport; $46. Footed leggings, Cotu'j by Hotline Sales; $30. Bracelets, Dizzy Designs; each $15. Ballet slippers, Capezio by Ballet Makers. Hairpiece, Jacquelyn Wigs. *On Terry:* Vest, Gurilla Biscuit. Shorts, International News. Belt, J. Crew. *Center, on our model:* Turtleneck, J. Crew; $20. Jeans, Squeeze; $38. Ballet slippers, Capezio by Ballet Makers. Earrings, Accents International. *On Ismail:* Shirt, Basco. Jeans, Gurilla Biscuit. Cap, New York Hat & Cap Co. *Right, on our model:* Bra top, Marika; $16. Print leggings, Cotu'j by Hotline Sales; $25. Bracelets, Top Drawer; each $6. Leather gloves, Harley-Davidson MotorClothes; $22. Socks (we cut the toes), E.G. Smith. Ballet slippers, Capezio by Ballet Makers. For stores, see the last pages.





feel good inside...

PHOTOGRAPHED BY TIM GEANEY

This page, Elissa wears: Shirt, Esprit. Camisole, Diapositive. *Opposite page, on Marilyn:* Jacket, J. Crew. T-shirt, EDC by Esprit. Leggings, Tweeds. Socks, Wigwam. Sneakers, Side-1. *On Elissa:* Pullover, Nike. T-shirt, Jockey International. Black shorts, J. Crew. Gray shorts, Marika. Socks, Wigwam. Sneakers, Nike. *On these eight pages:* Hair, Patrick Melville for MCM Salon, New York. Makeup, Hiromi Ando.

be good to yourself and you'll radiate a gorgeous glow—a natural beauty that you might not have even known you had. How? If you're part of the Secord family—mom Marilyn and daughters Elissa and Lauren—you wind down and rev up together with an at-home spa weekend. On the next eight pages, they show us the way with an easy-to-follow schedule, workouts, menus, massages—all you need to revitalize your body and soothe your soul.

Spa schedule

SATURDAY A.M.

8:00–9:00	Brisk walk
9:00–9:45	Breakfast
9:45–10:30	Strength training
10:30–11:30	Facial mask/shower
11:30–1:00	Lunch

SATURDAY P.M.

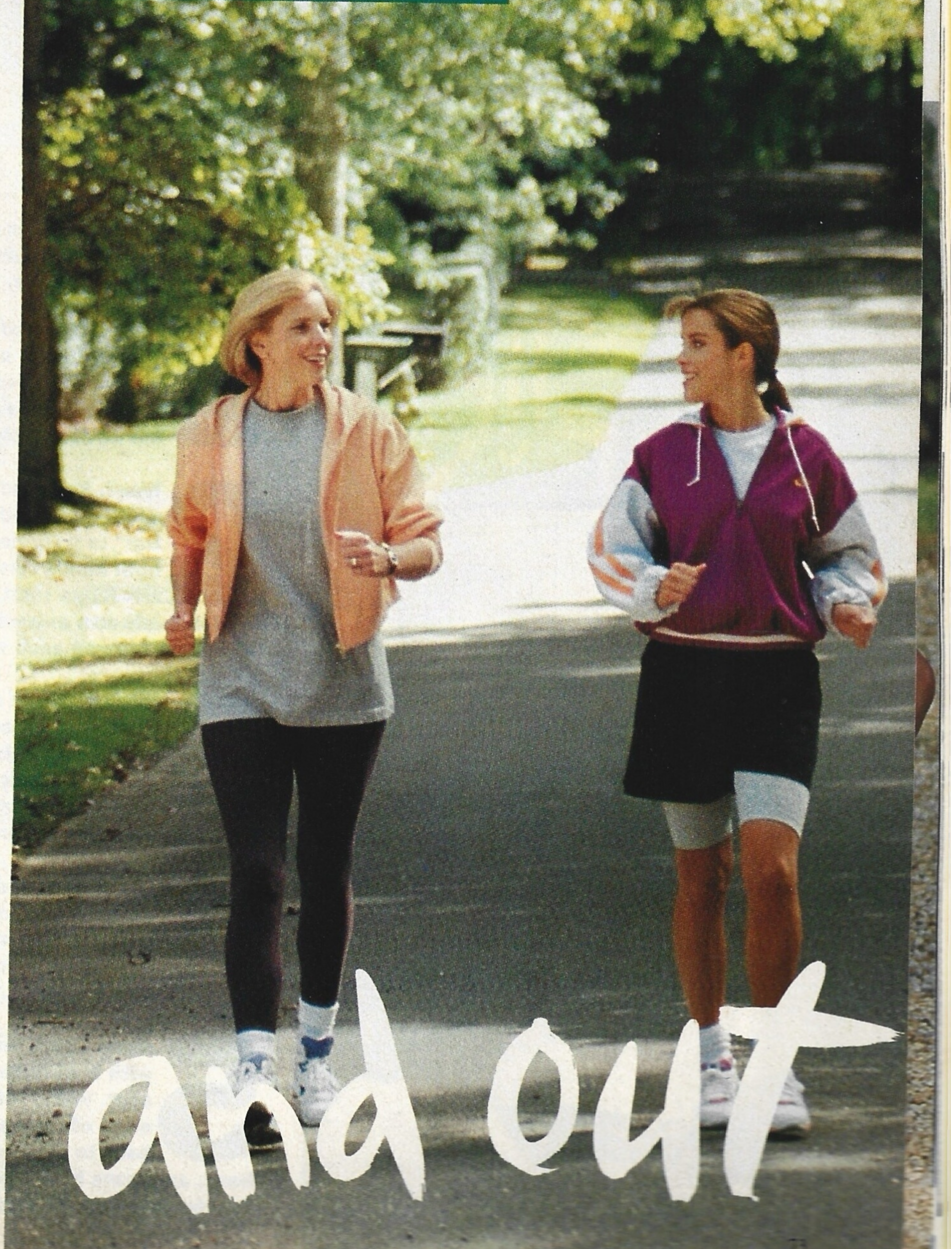
1:00–2:00	Reflexology/rest
2:00–4:00	Adventure aerobics (try hiking, biking, jogging, or cross-country skiing)
4:00–4:30	Tea
4:30–5:15	Body stretches
5:15–6:00	Aromatherapy/bath
6:00–6:30	Massage
6:30–8:00	Dinner
10:00	Bed

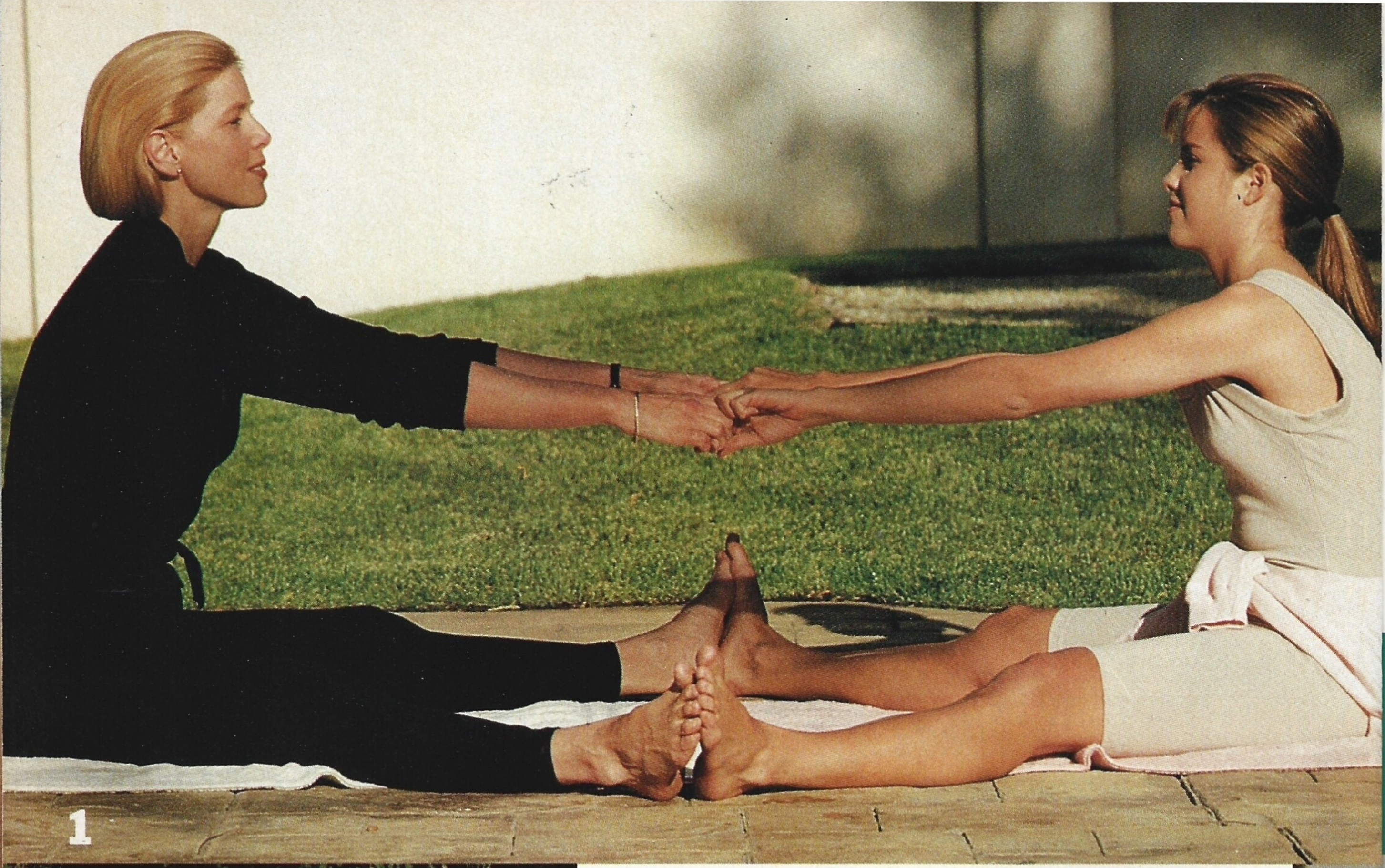
SUNDAY A.M.

8:00–9:00	Brisk walk
9:00–9:45	Breakfast
9:45–10:30	Strength training
10:30–11:30	Hair mask/shower
11:30–1:00	Lunch

SUNDAY P.M.

1:00–2:00	Reflexology/rest
2:00–4:00	Adventure aerobics
4:00–4:30	Tea
4:30–5:15	Body stretches
5:15–6:00	Exfoliating/bath
6:00–6:30	Massage
6:30–8:00	Dinner
10:00	Bed



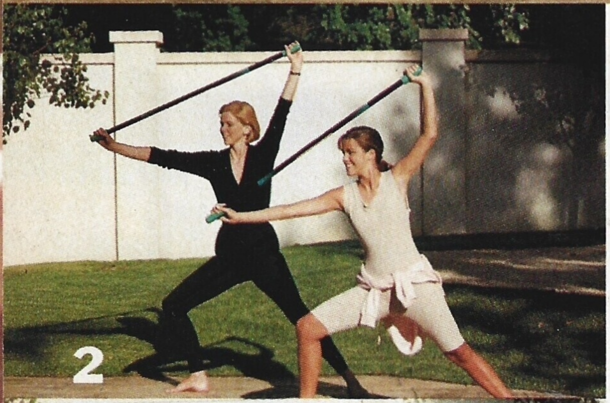


1

The at-home stretch

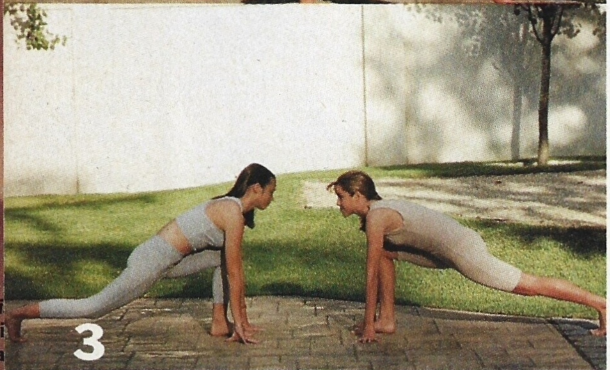
Warm up before exercise to increase your muscles' range of motion. After workouts, stretch to prevent soreness and maintain flexibility. Here, the Secords show us how.

1 ***Inner thighs and lower back:*** **Sit facing Mom with legs spread in a V position, your feet touching hers. Extend arms forward, hold hands, and take turns gently pulling each other forward. Once you feel the stretch, hold for twenty seconds. Do ten reps.**



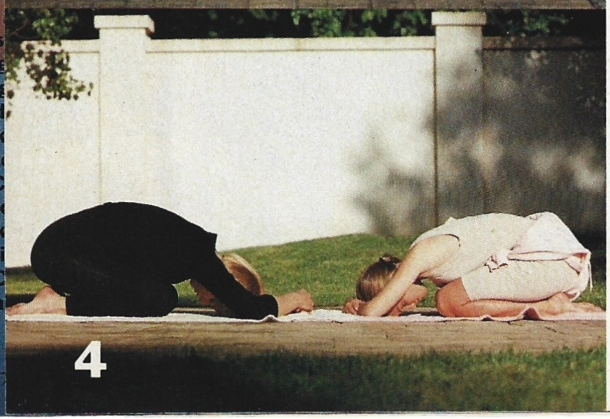
2

2 ***Waist, legs, and arms:*** **Stand with feet shoulder-width apart and knees slightly bent. Grasp a Body Bar* (a weighted stick) or a broom handle with both hands raised over your head. Bend right knee and lunge right, keeping right arm extended outward and left arm extended up. Return to starting position. Do fifteen reps on each side.**



3

3 ***Hips, legs, and calves:*** **Lean forward on hands with right foot flat on ground between hands. Extend left leg out behind you, supporting it on toes, and gently press down with hips. Hold for five seconds, then stretch calves by flexing right foot and pulling back. Hold five seconds more. Do ten reps on each leg.**



4

4 ***Lower back and arms (also relieves the mind of tension):*** **Curl over your knees with head and arms resting in front of you. As you feel the pull in your back and arms, focus on relaxing muscles and breathing. Hold for three minutes.**

5 ***Neck, chest, and shoulders:*** **Sit backward in a chair with legs through the space between backrest and seat. With feet on the ground, slide down to the edge of the seat, then slowly lie down so that your back is supported by the chair and your shoulders, head, and arms hang down. Hold position, breathing deeply, for two minutes. Roll up slowly.**

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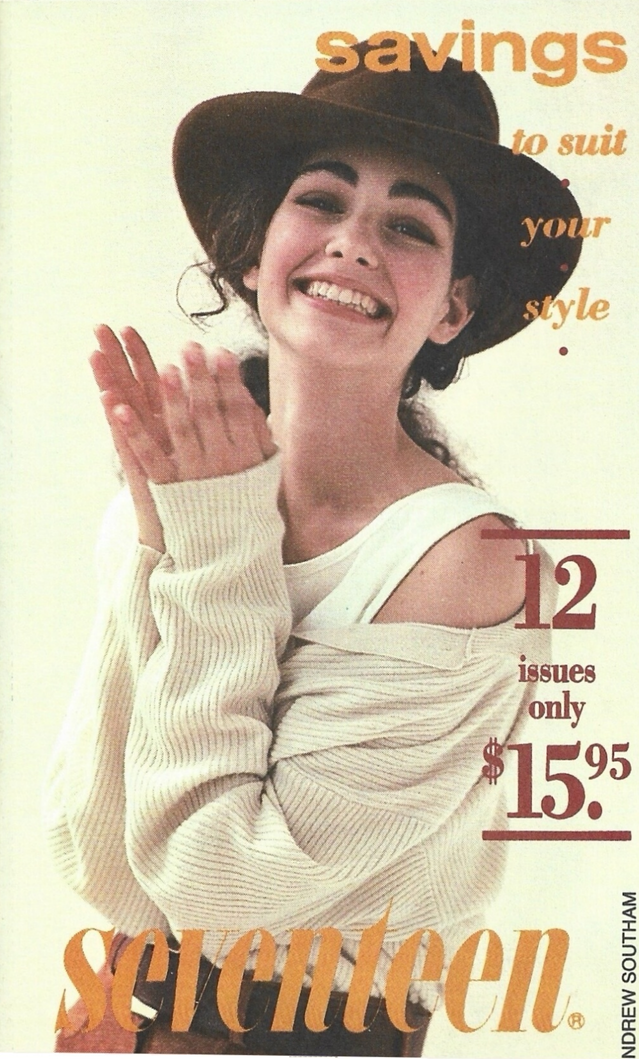
*To order a Body Bar, send $24.50 to Body Bar, 190 J.F.K. Road, Dubuque, IA 52001. Price includes shipping.

Unitard, Baryshnikov Sport. Sweat-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Moisten here, fold, seal, and mail today!

Find your strength

A complete workout includes strength training to build the muscle tissue you need for a firm, well-defined body—and self-confidence. Another benefit: an increased resting metabolism. That means you can eat more without having to battle the bulge. What can you do during your spa weekend? Try spot-toning exercises with weights (two or three pounds) or calisthenics that use the body's weight as a resistance against which muscles work. A few great ones: push-ups, pull-ups, sit-ups, squats, and lunges. For more ideas, check out a strength-training video, like *Pollan-Austen Trouble Spot Workout* ($9.95 plus shipping). To order, call 1-800-523-5503.

Shape Up

The spa approach to fitness: Befriend your body. Don't try to train it—treat it by stretching, flexing, and firming. You'll love the response

At their house in Connecticut, Marilyn, nineteen-year-old Elissa, and seventeen-year-old Lauren spend their weekend outdoors so it's like being in a real spa.

In spa style. *Opposite page, on Elissa:* Unitard, Baryshnikov Sport. Sweatshirt, J. Crew. *This page, above, on Marilyn:* Sweater and shirt, DKNY. *On Elissa:* Jacket, Side-1. Shirt, EDC by Esprit. T-shirt, Jockey International. *Below left, on Lauren:* Top and leggings, Gitano. *On Elissa:* Unitard, Baryshnikov Sport.

Saturday's menu

BREAKFAST

¾ to 1 cup low-fat, high-fiber cereal with ½ cup low-fat milk
½ cup berries
You need more calories than Mom, so you can add:
2 slices toast with 2 tablespoons peanut butter
1 glass low-fat milk

LUNCH

1 Tangy Tuna Salad Sandwich* on mixed-grain bread with lettuce and sprouts
2 cups spinach-and-mango salad with spinach and ½ sliced mango, 2 tablespoons Vinaigrette Dressing*
You can add: ½ sandwich

TEA

Herbal tea
2 graham crackers (4 squares)
2 tablespoons low-fat Cheddar spread
You can add: 2 graham crackers
1 tablespoon low-fat Cheddar spread

DINNER

2 Spicy Bean Burritos* with low-fat plain yogurt
2 cups garden salad with tomatoes, mixed peppers, cooked green beans, 2 tablespoons Vinaigrette Dressing

DESSERT

1 Baked Banana* with low-fat plain yogurt

SNACK

(grab-and-go goodies)
4 cups "lite" popcorn
1 apple
1 cup low-fat milk

TOTAL CALORIES: Mom: 1,600
You: 2,085

*Recipes on page 89.

nurture

Energy is released when food is burned up by the body during activity. The measurement used to determine how much energy a food produces: calories. How many do you *really* need? Chances are you're still growing and very active. That means you should eat about 2,100 calories a day, according to Registered Dietitian Marsha Rosen. Since Mom has stopped growing, she needs fewer—between 1,500 and 1,900—calories. Here, delicious energy-packed menus for your weekend from King Ranch Health Spa, in Ontario, Canada.

HERE, HOW TO "EAT SPA" FOR LIFE. ■ DON'T FREAK ABOUT CALORIES! CREATE A HIGH-CARBOHYDRATE, LOW-FAT DIET BASED ON CHOICES FROM THE FOUR FOOD GROUPS: BREADS/CEREALS, VEGETABLES/FRUITS *(ABOVE)*, MILK/YOGURT, AND PROTEINS, LIKE LEAN MEAT, POULTRY (WITHOUT THE SKIN), AND FISH. ■ CONTROL FAT INTAKE BY EATING THREE-OUNCE PORTIONS OF LEAN PROTEIN. STEAM *(OPPOSITE PAGE, LEFT)* OR POACH FOODS TO KEEP NUTRIENTS IN, FATS OUT. ■ TRY NEW TEXTURES AND FLAVORS, LIKE DIFFERENT KINDS OF LETTUCE *(OPPOSITE PAGE, INSET TOP)*. EAT AS MUCH OF EACH AS YOU WANT. ■ DRINK SIX TO EIGHT GLASSES OF WATER DAILY TO CLEANSE YOUR SYSTEM, AID IN DIGESTION, AND KEEP SKIN HYDRATED.

On Marilyn: Top, Sam & Libby. *On Elissa:* Cardigan, Fitigues at Brothers & Sisters. T-shirt, Sears Catalog.

Crunchy, colorful, high in carbohydrates, and low in fat . . . the keys to spa cuisine and factors to figure into your daily diet. Because if you treat yourself to good food, you'll look and feel fantastic

Sunday's menu

BREAKFAST

1 "lite" waffle (in your grocer's freezer section) with ½ cup vanilla low-fat yogurt
1 cup cubed melon
1 glass low-fat milk

LUNCH

2 halves pizza bagels (2½ oz. size) with your favorite tomato sauce, ½ ounce low-fat mozzarella cheese per half bagel, and fresh vegetables. Heat pizza bagel in toaster or oven until cheese is melted.
1 fresh pear
You can add: 2 halves pizza bagel

TEA

Same choices as Saturday

DINNER

1 cup Crunchy Gazpacho Soup*
2 cups Lemon Chicken With Pasta*
1 cup steamed vegetables (green beans, zucchini, mushrooms, broccoli, potatoes, carrots)
You can add: 1 cup Lemon Chicken With Pasta

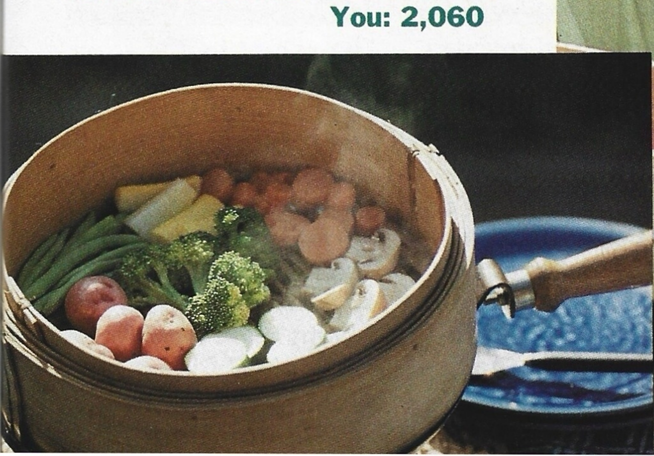
DESSERT

½ cup frozen low-fat yogurt (go for your favorite flavor)

SNACK

Same choices as Saturday

TOTAL CALORIES: Mom: 1,790
You: 2,060



Now for the "aaah" in *spa*. De-stress with relaxing body treatments and the tranquillity of a calming bath . . . beautify for allover well-being

GOOD SCENTS. AROMATHERAPY IS AN ANCIENT ART FOUNDED ON THE BELIEF THAT THERE ARE OVER FORTY AROMATIC PLANT OILS, SUCH AS SPEARMINT, SANDALWOOD, AND LAVENDER, WITH CURATIVE POWERS THAT ARE ACTIVATED WHEN INHALED. SOME SCENTS ARE UPLIFTING, SOME ARE QUIETING, AND STILL OTHERS BALANCE THE MIND AND BODY. SO AFTER YOUR WORKOUT ON SATURDAY AFTERNOON, INDULGE YOURSELF WITH AROMATHERAPY. HERE'S HOW: DRAW A WARM BATH, ADD SOME AROMATHERAPY OIL OR SALTS (TRY AN AROMATHERAPAES SPA BATH PACKET, AT DRUGSTORES), SLIDE INTO THE TUB, AND RELAX. FOR AN AT-HOME AROMATHERAPY RECIPE, SEE PAGE 89.

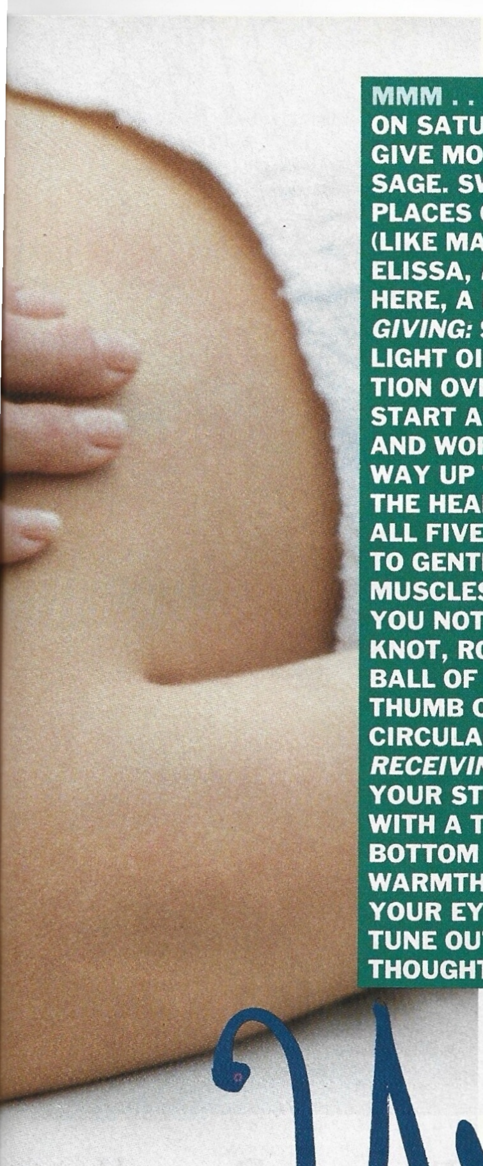
Replenish

Hydrating and reviving, masks are part of spa magic. For the face: Try Revlon New Age Naturals Almond Walnut Scrub Mask or West Cabot Cucumber Peel-Off Masque. For hair: Clairol Condition Beauty Pack. To make your own, see recipes on page 89.

Polish up

The secret to a spa-goer's soft, smooth skin: exfoliating. To do it at home: Use a loofah or body brush in the shower or bath to rub skin in a circular motion. Dead cells will slough off, revealing fresh, healthy skin. Another option: H_2O Plus Loofah Body Scrub.

On these eight pages: Handwriting, Joann Owen Coy.



MMM . . . MASSAGE. ON SATURDAY, GIVE MOM A MASSAGE. SWITCH PLACES ON SUNDAY (LIKE MARILYN AND ELISSA, *LEFT*). HERE, A FEW TIPS. *GIVING:* SMOOTH A LIGHT OIL OR LOTION OVER BODY. START AT THE FEET AND WORK YOUR WAY UP TOWARD THE HEAD USING ALL FIVE FINGERS TO GENTLY KNEAD MUSCLES. WHEN YOU NOTICE A KNOT, ROLL THE BALL OF YOUR THUMB OVER IT IN A CIRCULAR MOTION. *RECEIVING:* LIE ON YOUR STOMACH WITH A TOWEL OVER BOTTOM FOR WARMTH. CLOSE YOUR EYES AND TUNE OUT NEGATIVE THOUGHTS. ENJOY!

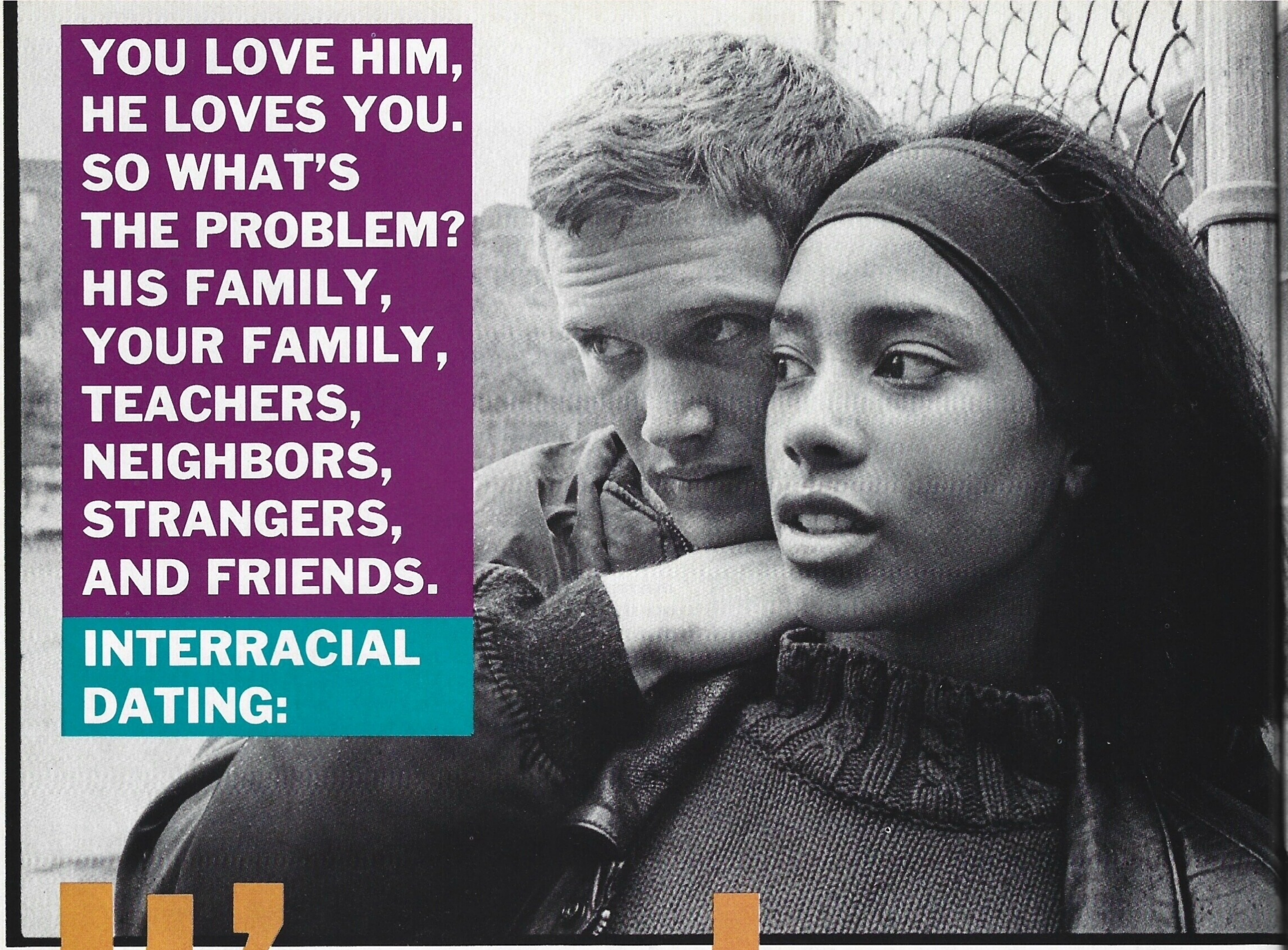
Fancy footwork

Foot reflexology is based on the idea that massaging parts of the feet releases healing energy throughout the body. It's also a wonderful relief for aching feet! On Saturday, have Mom treat you to a half hour of reflexology. Switch on Sunday. Here, how to do it: First, rub foot cream on your palms. Imagine that the bottom of the foot is divided into five zones—from each toe down to the heel. Then start at the heel and use your fingers to "walk" with steady, even pressure up to the big toe *(above)*. Go back down to the heel. Repeat in all zones and on other foot.

Unwind

■ Before the Secords began their spa weekend, they pulled together the essentials—special products that promote total beauty. Here, a few of our favorites for you to try. *Clockwise from bottom left:* Dried rosebuds, lavender, and chamomile, Caswell-Massey. Round Candle for Environmental Purification and Botanical Kinetics Exfoliant, Aveda. Natural Friction Mitt, Cosmyl. Botanical Liquid Talc, Naturistics. Relaxing Aromatherapy Bath Oil, Goodebodies. Seaweed and Loofah Soap, The Body Shop. Natural sea sponge and foot brush, Caswell-Massey.

relaxing aromatherapy bath oil
Goodebodies
NATURISTICS
AVEDA
Botanical
Exfoliant



YOU LOVE HIM, HE LOVES YOU. SO WHAT'S THE PROBLEM? HIS FAMILY, YOUR FAMILY, TEACHERS, NEIGHBORS, STRANGERS, AND FRIENDS.

INTERRACIAL DATING:

It's not black and white

Tracy Romello,* sixteen, is a straight-A junior at her Long Island, New York, high school. She is, in many ways, also a model daughter: She attends church every

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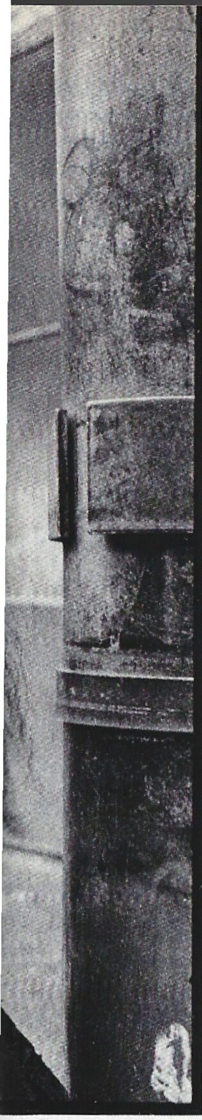
*Names of all teenagers have been changed.



BY SARA NELSON

Sunday with her parents and gets along pretty well with her younger brother. In fact, Tracy says, her life was "regular" until she started going out with a guy who'd always been part of her crowd at school. Suddenly, her parents began yelling at her, grounding her, and following her. "They hate my boyfriend so much that for a while there, my dad was taping my calls to make sure I wasn't talking to him," she says. Her father even hit her.

Hearing Tracy's story, you might start to wonder just what's so terrible about this guy. Does he take drugs? "Never," Tracy says. Is he violent? "Of course not." Is he a dropout? No, in fact, he's at the top of his class, right along with Tracy. Is he mean, cheap, disrespectful, or in any way "trouble"? No, no, no, and definitely no. Then what are her parents so upset about? "They just don't like the color of his skin," Tracy says.

Tracy, like 3,691,000 other teenagers, is dating someone of another race. She's white and her boyfriend is Filipino. For Tracy's parents, this is a fate worse than death.

It would be nice to say that interracial dating is not an issue in the America of the '90s. It would be nice to tell you that you can go out with whomever you want, and provided that the person is nice to you and your relationship "works," no one will pass judgment. It would be nice to say those things, but they wouldn't be true. Dating outside your race—or even your religion, sometimes—while perhaps less taboo now than it was thirty or fifty years ago, still raises eyebrows and closes minds. Interracial couples still upset families and inspire stares and comments; they're also targets of hostility and violence. If you're in an interracial relationship, no matter how you feel about it, the world may not like it very much at all.

Even asking people how they feel about interracial dating can be tricky. Many people will say that it's perfectly fine with them, but when their beliefs are tested—like when you show up for dinner with someone of a different race—a more complex truth comes out. "My parents never said anything to me about black people or Asian people," says Tracy. "All they ever told me was that they wanted me to marry a Catholic. And Glen is Catholic—even the church approves of our relationship. But I guess my parents meant they wanted more than a match of religions."

According to a recent SEVENTEEN survey, 42 percent of girls said they would probably or definitely go out with someone of another race; of those who would, 39 percent had. The most common reasons given by the 58 percent of girls who wouldn't go out with someone of another race were that it could lead to problems if the relationship became serious (64 percent), that their parents wouldn't approve (62 percent), that they themselves didn't approve (46 percent), or that it would make them feel self-conscious (38 percent). "I could never date someone from a different race," says Eliza Winter, eighteen. "I feel terrible saying that because I know it's not what I'm supposed to say, but I think it would be just too hard to date somebody so different from myself."

Obviously, people want to go out with someone with whom they have some connection, something in common. And while it's true that there are sometimes differences in customs between people of different cultures, it's also true that you can have more in common with someone of another race who goes to your school than with someone of your race who's from a completely different background. It's how you or your parents or strangers or friends define "differences" (like skin color), and how you rank the importance of those differences, that can inspire or deflect trouble.

"Why do parents have to be so prejudiced?" says Carla Halston, eighteen, of Chesapeake, Virginia. "Parents who want their kids to break up should invite that different-race person over for dinner or something and get to know them." Carla says that she and her "different race" (she never specifies her own or his) boyfriend get along great; they have a lot of fun and talk a lot. But it's the racial difference that registers with many parents and onlookers. They make judgments and generalizations based on their own ideas and stereotypes. Although more than 75 percent of all girls and guys in our survey say they would still date someone if their parents disapproved, the lack of support can make dating or a relationship hard, upsetting, or even impossible.

There are many reasons why parents could react negatively to an interracial relationship, including being afraid of what might happen if it led to sex, marriage, and mixed-race children. "That's what my parents always say about Glen," says Tracy. "That if we stay together and have children, those kids will have a hard life." Parents worry about what religion their grandchildren will be; they also worry about what their own families, friends, and neighbors might say and about social repercussions. Many claim that their disapproval isn't racist, but that it's for their kids' own good.

Although it's hard to take when your parents forbid you to go out with or, in some cases, even talk to a guy of another race, their concern is to some extent understandable. The world can be a hostile place for interracial couples, and they're bound to be afraid for you if they think you're exposing yourself to hatred and danger. "For a lot of these parents, dating is a precondition of marriage," says Jae Kim, a sociologist at John Jay College of Criminal Justice, in New York. You may just be thinking about going to a party with someone, but your parents see it as your future. And interracial marriage, for many, is unthinkable.

Still, most teenagers are years away from marriage, let alone children, and much ▶

KRISTINE LARSEN

of the trouble interracial couples encounter comes from people who don't even know them—strangers who feel entitled to comment on a relationship that, were it not for visible differences between the people involved, wouldn't concern them. ''You can feel the look when you're walking down the street with a white guy,'' says Jamie Withers, an eighteen-year-old black senior from Binghamton, New York, who has dated white and black guys. ''It's kind of a stare. But I get the feeling that it's more black people than white people staring at you.''

All groups have their prejudices. ''I'm Hispanic,'' says sixteen-year-old Rosalind Rodriguez, ''and I date black boys, but I get less trouble if they're light-skinned. The one time I was going into a movie with a guy whose skin was darker than mine, I felt weird, and people looked at us strangely. It's gotten so I don't like to date anyone whose skin is darker than mine.''

Skin color may be an obvious trigger, but the politics of interracial dating are subtle and complex. The issue, of course, is prejudice. Minori Cohen, the sixteen-year-old daughter of a Japanese-American mother and a white father, says that in her small Illinois town, the one white girl who dared to go out with a black guy ''got a lot of flak about it from the white boys.'' Why should they care? Anger toward people of another race can come from insecurity, and these guys might have felt threatened. Some people are also just looking for targets for their hatred. Some simply believe they are—on the basis of race—members of a superior group. In other words, racism is alive and well, and seeing a mixed-race couple seems to bring it to a head.

Even friends aren't immune. ''Some students encounter prejudice from their friends when they date someone outside their race,'' says Beverly J. O'Bryant, a national certified school counselor in Washington, D.C., ''and that can be even harder to live with than parental disapproval. If you're dating someone of a different race, it's important to have some groups of friends with whom you can align yourself.'' There's no denying that you'll face discrimination and that some people—even those close to you—may be intolerant. Which is not to say that interracial dating is wrong, but that it won't be smooth sailing.

It's always wrong for people who don't really know you to harass you. Yet the lines of what is harassment and what is not become murky when it comes to parents and friends. Their disapproval may hurt you, and their restrictions (like grounding you or telling you they never want to be with you when you're with your new boyfriend) may infuriate you, but you still have to deal with the consequences. Let's face it, parents and friends influence your feelings about yourself and have a measure of control over your life. Unsupportive parents and friends can make life miserable, no matter how much you love your boyfriend.

Part of what's so difficult is that those who are uncomfortable or racist about interracial dating—parents especially—feel that you're making a mistake, one they aren't willing to let you figure out on your own. They may feel you can't afford to, unlike, say, if you were going out with a guy of your own race whom they just didn't happen to like very much. Your friends, of course, won't love every guy you date either, but it's unlikely—unless he's a real jerk—that they'll jump on you as if you're doing something really wrong. With an interracial relationship, whether it's casual or serious, great or awful, you aren't granted the luxury of being given the benefit of the doubt. People feel entitled (some even feel it's their duty) to get involved. And because race is such a volatile issue, they may get seriously involved.

"YOU CAN FEEL THE LOOK WHEN YOU'RE WALKING DOWN THE STREET," SAYS AN EIGHTEEN-YEAR-OLD GIRL FROM A SMALL TOWN IN NEW YORK. "IT'S KIND OF A STARE."

Your relationship will be directly affected, too. You may find you're suddenly self-conscious about things like where to go (Will you be comfortable there? Will you be safe?) and who to tell (Can you tell your parents? What about your friends?). You may feel that you have to lie or that putting up with the animosity just isn't worth the hassle. Either way, you may find you're vaulted into a situation—even if it started off as just a nice idea, like going to the movies—that's loaded with serious implications.

Despite all the concern, there hasn't been much research to explore the issues concerning teenagers and interracial dating in detail. The available studies indicate that more interracial interaction occurs among college students because of circumstance, and that the more ''minority'' students there are on a ''majority'' campus, the more cross-dating there will be. This theory seems to hold true no matter which race is the majority at a particular place: At predominantly black colleges, for example, where there are very few non-black students, there will be less occasion for blacks—the majority—to interact with whites, and probably less dating between them.

Opportunity is one factor; background is another. Psychologists say that prejudice, whether on the basis of race or religion, is not an innate behavior, but a learned one: In other words, if you've grown up in an environment that allows you to get to know people of other races, you'll be more likely to see interracial relationships as a normal part of life. (Tracy Romello says she never felt any hostility from her friends, who accepted her boyfriend as one of them—long before he was even her boyfriend.) If, however, you live in a segregated community and you're given cues—explicit or subtle, intentional or not—that interracial relationships are wrong, then interracial dating will be a big deal.

There's no denying that fitting in is a very important part of the social contract or that

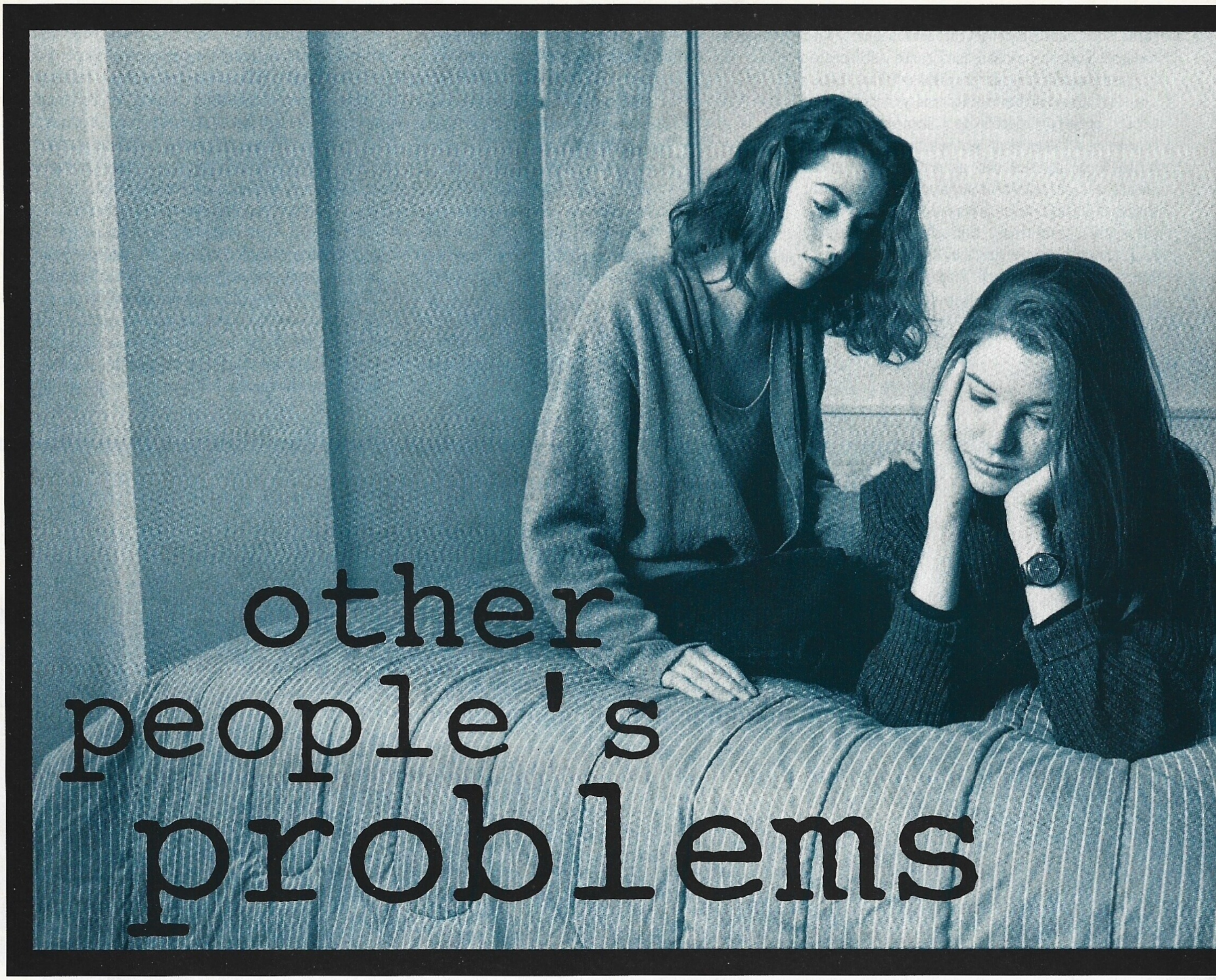
cultural and religious distinctions are important. So is establishing your own identity and values. Sometimes this can mean deliberately going against your parents' wishes, especially if they've been extremely strict about their beliefs. Michelle Stanford, who's black, confesses that her relationship with a white boy started out as a way for her to shock her parents and separate herself from them. ''I liked that I was doing something different, something nobody in my family had done. It made me feel special and more interesting,'' she says. The more her parents objected, the more adamant she became about maintaining the relationship. But shocking somebody, or standing out, is not a good reason for dating anybody, whether he's of another race or religion or not.

The truth is, what should matter in any good relationship is what goes on between the two people involved. Interracial relationships involve specific issues in addition to the individual dynamics. The critical pressure from the outside world can dominate the relationship or be overwhelming. The conflict can just as easily make people come together more quickly than they might otherwise or keep people together who should really drift apart. That, of course, can happen for other reasons and in relationships that aren't interracial, but it's something to keep in mind. Unfortunately, the conflict can also tear people apart.

It's important to keep an eye on your motivations in relationships, whomever you go out with. But with interracial relationships, you're inevitably going to be faced with the job of untangling the real concerns and justified fears of family and friends from plain ignorance and bigotry—and your own true feelings. At least until the world changes. And it may, if enough people want it to.

''I hate it when people single out people by calling them blacks, whites, Hispanics,'' says Maria Archesson, eighteen, from Gainesville, Texas. ''We're all humans, all walk on two legs, and we put our pants on the same way, one leg at a time. So why do we have so much racism? Why are the problems in this world so based on skin color? Why?'' ⑰

KRISTINE LARSEN



T.L. LITT/IMPACT VISUALS

other people's problems

How to help a friend in need—without hurting yourself

BY VERONICA CHAMBERS

I remember sixth period English, and how the notes would fly back and forth between my best friend Maya and me. Usually they were about day-to-day gossip. But some days I got a note that said, "My mom and I had a huge fight last night," and I didn't know what to say. Maya's mom was an alcoholic, and if Maya tried to hide her mother's bottles or if she called her a drunk, her mom would get mad—so mad it was scary. Whenever we talked about the situation, I felt grown-up. This was serious. But I also felt like a kid: I didn't have a clue how to help Maya, I just knew she needed me to be there for her.

"It's very important for friends to help friends," says Jay Winsten, PhD, director of the Center for Health Communication at the Harvard University School of Public Health, in Boston, Massachusetts. "Friends have more knowledge than parents or teachers of what's going on, and a person in trouble tends to trust a friend's motives." But when your friend's in trouble, it's hard to know what to do, or even where to begin. Fortunately, there are a lot of things you can do to help.

THINK ABOUT IT

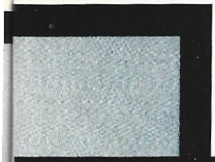
When a close friend turns to you with a problem, you might want to jump right into action. Don't. The first thing you need to do is assess the situation. Maybe the problem is really something your friend can handle. If she's failing chemistry, she may be upset, but she's not in life-threatening danger. Encouraging her to talk to her teacher and find a tutor may be all she needs. Other situations may require a much more drastic course of action. To really help, you need to determine what's going on. You also have to figure out if her problem is too big for you to deal with—for both your sakes.

When Sonia's friend Jill had a baby at seventeen, Sonia baby-sat a lot and drove Jill wherever she needed to go. But Sonia realized pretty quickly that she couldn't always be Jill's chauffeur. The hardest thing for her was saying no to Jill and dealing with the feeling that she wasn't doing enough for her friend.

If your friend's problem seems like more than you can handle or if you just can't help her, tell her so. It's better to be honest than to stretch yourself to the breaking point or risk big tensions in your friendship later on. When Sonia told Jill how she felt, they put together a network of people who could give Jill rides and baby-sit.

TALK ABOUT IT

After you get a handle on the problem, get your friend to talk about it. Talking through the situation can help her sort out her feelings and her options. The important thing here is to let *her* talk. When someone you care about is facing a crisis, it's easy to come up with all the answers and forget to listen. If your friend is having



trouble expressing herself, ask her questions, but keep the focus on the problem at hand. Reinforce that you care about her and that you'll try to help her.

GIVING ADVICE

After you've heard your friend discuss the problem, it's time for you to give advice, if you honestly feel that you have any. Telling your friend what you or someone you know has done in a similar situation can be helpful, but be sure to stress that this is your friend's problem and that she has to do what's best for her.

In general, it's safe to advise your friend to seek help from someone who's got some authority in the area that's troubling her. If she's having academic problems, urge her to talk to a teacher or a school counselor. If it's about a boyfriend, *you* may be the closest thing to an authority. If she has an eating disorder or she's pregnant, she needs to see a doctor. Even as you're giving advice, it's important to keep some perspective—you don't want to become responsible for your friend's problem or its outcome. So try not to tell her what to do, but help her figure out what *she* wants to do.

WHEN SHE WANTS TOO MUCH

When your friend's going through a crisis, your impulse may be to spend all your time helping her out. But sometimes when you're always there for a friend, she starts to lean on you too heavily.

Shannon and Lisa were total opposites—Shannon was outgoing, Lisa was painfully shy. She'd only go out with Shannon, never with Shannon's other friends. Lisa was depressed and talked about suicide, and Shannon spent hours every night on the phone trying to cheer her up. After a while, Shannon couldn't take it anymore; she avoided Lisa and wouldn't get on the phone when she called. Shannon felt so bad she finally went to the school counselor, who convinced her to tell Lisa how she felt. Shannon explained to Lisa that the suicide talk scared her, and she suggested that Lisa see a counselor. She even volunteered to go to the first session with her. Then she told Lisa that she couldn't spend all her time alone with her and that she really wanted Lisa to do things with her and her other friends.

In cases like this, the best way to help your friend is to let go a little bit. Explain to her that while you care, you won't and you *can't* be there for everything forever and that she needs to be independent.

WHEN SHE DOESN'T ASK

It's just as hard when your friend refuses your help. Sometimes when your friend's in trouble, you need to tell her what you think—even if it's not what she wants to hear. Of course, there are times when a person just isn't ready to listen to your advice, no matter how sound it is. In situations of sexual or physical abuse, the victim may be close to the person who's hurting her, and she may not want to hear anything negative. People with drug or alcohol problems often go through periods when they deny that their use is abuse. You may have to talk to your friend several times before she's willing to listen and take positive action. But the fact is that until she can admit she has a problem, there may not be much that you can do other than let her know that you think something's wrong.

When Claire started getting high every day, Dave did everything he thought a best friend should do. He covered for Claire, he lent her money, he even wrote her papers. Claire insisted that her real problem was school and family pressure. She said she really needed Dave's help.

Eventually, Dave realized that he was helping Claire's problem continue. He stopped propping her up, and their friendship fell apart. Dave spent months feeling like a terrible friend. Situations like this can be incredibly tricky: Do you help your friend by turning her in? Do you help her by turning away from her? Or do you help her by enabling her to do what she wants without getting caught? It can be extremely painful to sort out the options.

It's important not to help your friend continue self-destructive behavior—by lying for her, covering for her, or encouraging the behavior in any way. Sometimes the only thing to do in this situation is to ease up on the friendship until she can figure things out for herself. This way, you're at least not helping her get worse. Losing Dave's friendship helped Claire realize that she was really messing up her life and that she had to do something about it.

If you feel your friend is in so much trouble that you've got to do something with or without her permission, think carefully. You *can* lose friends trying to help them; you can also lose friends, if their behavior is dangerous enough, by not acting. Before you decide what to do, describe the situation to someone you trust: an older brother or sister, a parent, a counselor. You don't have to be specific or name names. If you feel that your friend is not in immediate danger, it's best to approach this slowly. Of course, if a friend is in immediate danger—she's about to drive drunk, she's being threatened—take action right away. Let someone who can do something know: Call the police if you have to. Call a suicide hotline. You can take time later to work it out with her.

HELPING YOURSELF

When you're helping a friend, it's important to take time out for yourself. Set some boundaries, too, because no matter how good a friend you are, you're not superhuman. You can do a lot for your friend, but you also have a responsibility to yourself.

If I knew then what I know now, I would have suggested that Maya go to Alateen or Al-Anon, organizations where she would meet other people with alcoholic family members and learn some good coping methods. There are books, articles, and organizations for every problem. You can also call one of the telephone numbers listed below. Often, talking to someone you never have to see feels safer, and it can be the first step toward getting help. Taking that first step, no matter how you do it, is the most important thing.

Below are some organizations that can provide help and information:

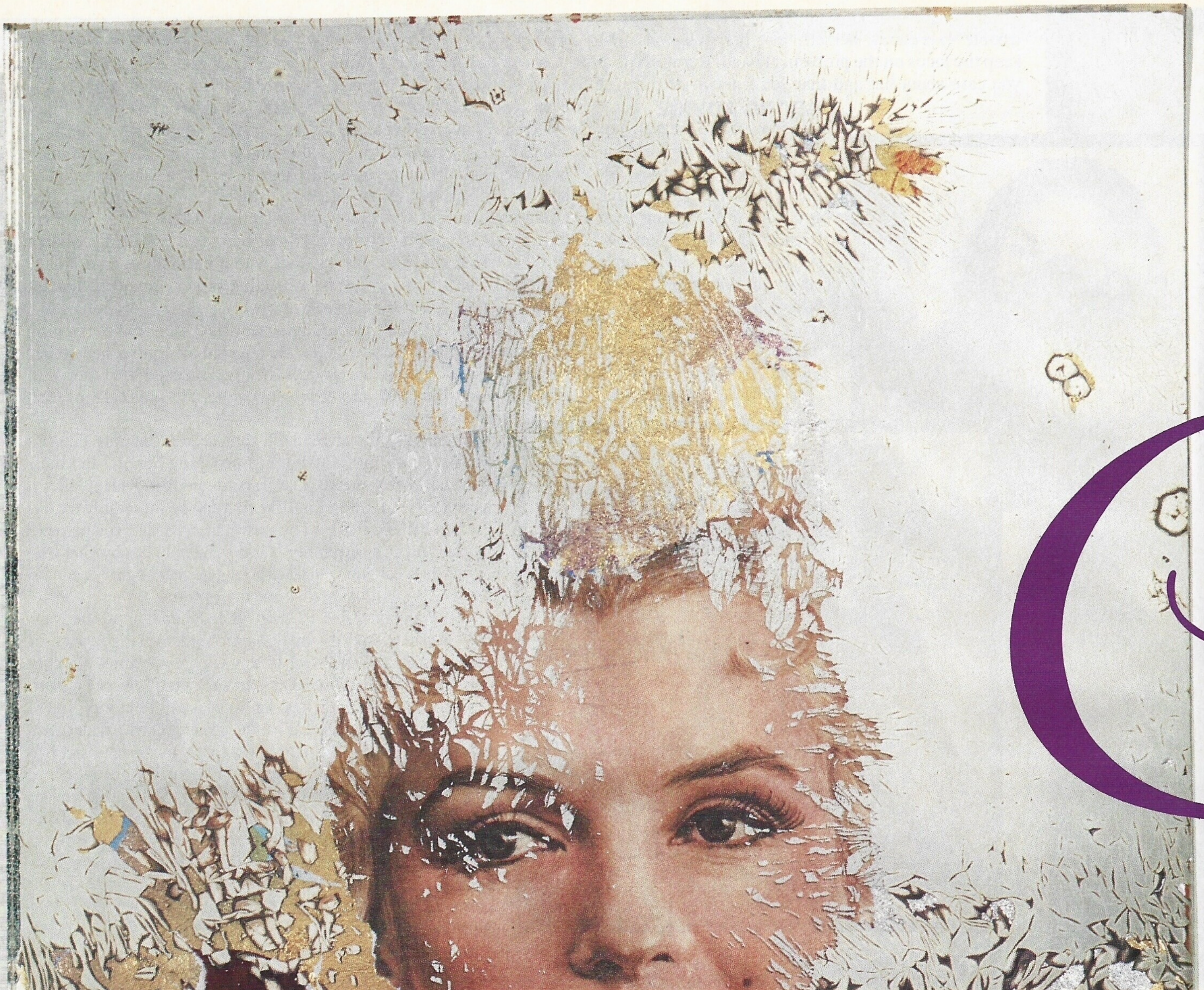
SEXUAL ABUSE AND RAPE: The Rape Crisis Center of Washington, D.C., 1-202-333-RAPE.

SUICIDE OR RUNNING AWAY: The National Runaway Switchboard, 1-800-621-4000, or Covenant House, 1-800-999-9999.

EATING DISORDERS: The National Anorexic Aid Society, 1-614-436-1112, or the National Food Addiction Hotline, 1-800-USA-0088.

SUBSTANCE ABUSE: The National Alcohol and Drug Addiction Hotline, 1-800-544-1177.

PREGNANCY AND STDs: Call your local Planned Parenthood. To find the office closest to you, call the National Planned Parenthood Federation of America, 1-212-541-7800.


Bring
All Ba

People look at Fredericka with respect, as if she has somehow earned her looks, as if that's all that matters

FREDERICKA THE BEAUTIFUL

FICTION BY ANN HOOD

Fredericka is beautiful. Or so everyone says. Her friends at school are always telling her things like, "Oh, Freddie, you wouldn't understand. You have no idea what it's like to be normal, to have flat hair, to break out, to gain weight, to be short." Those are the things they say to her face. Behind her back they whisper, "Freddie thinks she's so hot, so gorgeous. I think she puts something in her hair. Do you think her contact lenses are colored? No one's hair is that color, no one's eyes are that blue, no one looks like that. My mother says even Cher has been totally made over, plastic surgery, liposuction, nips and tucks all over the place."

Fredericka is beautiful. She is five foot ten. She doesn't wear makeup, her skin is clear and smooth, and in summer it turns the color of honey. When she was little, everyone called her Big Red or Carrot. But now her hair has softened to a copper color. Still, Freddie hates having red hair, being so tall and voluptuous. She looks in the mirror and wonders what it is all those girls are seeing, wishes that instead they would look past the hair, the eyes, her breasts, that they would look deeper and see the things about her that are special. But they never do.

Fredericka's mother says she is lucky to be born so beautiful, and she looks at her daughter with great respect, as if Fredericka has somehow earned her looks, as if that's all that matters. Her mother says, "When I was your age, I was too short to be a majorette. It broke my heart. And now I have a daughter who's one. Can you imagine?" And so she buys Fredericka shiny batons, all copper and gold, with the school colors hanging in streamers from the tips. She buys her short white skirts with flared bottoms. She says, "What I would have done for legs like yours, Freddie." Fredericka's father calls her Princess Grace, after the beautiful movie star who married a prince and lived in a palace. Every morning when she comes downstairs before school, or evenings after she practices playing the guitar, he grabs his chest, right where his heart is, and says, "Ah, Princess Grace, you are soooo lovely."

Fredericka is beautiful, and she hates it.

It is a Thursday afternoon after school, and Freddie is at her friend Kara's house with Jane. Jane is a computer whiz. There is nothing she would rather do than play with her computer. She can do things like print out a picture of the Eiffel Tower in a cornfield or the Mona Lisa hanging on Snoopy's doghouse.

Freddie is trying to talk Jane and Kara into going to the mall tomorrow night. That is where all the popular kids hang out. But Jane says, "Booooooring." And Kara has band practice. "Besides," Kara says, "I'd rather go to a movie or something."

Kara knows country-western songs, every word of them. She also plays the flute and paints still lifes of carefully placed fruits and vegetables. To Freddie, these are real talents. Kara, Freddie thinks, has skills that will get her someplace. She knows useful things. Like right now: Kara is stretching canvases to paint. She does it easily. And soon, these blank canvases will be covered with brightly colored grapefruits and asparagus, apples and eggplants.

"Don't pout," Jane tells Freddie. "It makes you look like Molly Ringwald."

Jane has a habit of snorting when she laughs. In school, kids call her Miss Piggy. This doesn't bother Jane. Instead, she buys Miss Piggy paraphernalia—notebooks, buttons, erasers. But whenever Jane snorts, it makes Freddie shudder. Even though it makes her feel guilty, Freddie sometimes hates these afternoons with Jane and Kara. She wishes she were driving around the high school parking lot with different girls. Girls who had dates on Saturday nights, girls who liked parties, girls who did not snort.

Freddie wishes that right now and immediately feels guilty. "If I could paint like you," she says to Kara, "I'd be the happiest girl in the world."

Kara looks up over her gold wire-rims into Freddie's clear blue eyes. "Give me a break," she says.

What Fredericka does lately is try to hide. She wears used clothing from Goodwill and The Salvation Army. Patched jeans and men's baggy blazers; dresses that she likes to think belonged to some long-ago housewife who kept frogs and pennies in the big square pockets. The dresses are funny colors that seem to have disappeared from newer clothes—cherry red and midnight blue and tangerine.

Lately she finds herself smiling and saying hello too cheerfully to girls like Susan and Marcy, popular girls. In class, Fredericka does not raise her hand, even though she knows the answers. She doesn't ask anyone what they got on pop quizzes. And if they ask her, she rolls her eyes ▶

THOMAS WHITEHILL

FREDERICKA . . .

continued from page 87

and shrugs, so they'll think she didn't do so great. She just sits and stares out the window, half-listening, imagining a life outside this school, away from these people, someplace where no one cares what she looks like.

She wishes sometimes that one of her used dresses was like a time machine, that she could put it on and be transported somewhere else. Sometimes she imagines that the dress will take her back to the 1950s and that she is just an ordinary housewife and mother, making a casserole or baking a cake.

Tonight Freddie is nervous. Marcy and Susan have finally invited her to go to the mall with them. She doesn't know why they invited her tonight. She tries not to think of the last time she went to the mall with some girls from school. They left her there, stranded, because some boys who went to West kept coming over and talking to her. Boys from West, everyone says, are the Best. She didn't even want to talk to those boys. But when she was left there, one of the boys drove her home. Then she went to homecoming with him at his school. And for a while he was sort of her boyfriend. But she couldn't really relax about it because at school the story was that she was stuck-up and that she'd left the girls to go off with him. After that, Freddie decided it wasn't worth it to go to the mall.

Just for an instant she even thinks that these girls don't matter. That being popular doesn't matter.

Instead she stays home on Friday nights with her parents and watches movies on cable. "Where's Janie?" her father asks her. Freddie always shrugs. "Kara?" he says. "Band."

"When I was in school," her mother says, "band was for the unpopular girls."

"I'm an unpopular girl," Freddie tells her.

"You?" her mother says, then starts laughing. Her father makes microwave popcorn and lets her pick the movie she wants to see. She tells herself she is building her film knowledge. Someday she'll write screenplays or become a movie reviewer on television, and she'll have all this background already.

She hears Marcy and Susan come in, hears her mother offer them a soda, hears them refuse and start up the stairs, giggling and whispering as they come. Freddie likes folk music, and she has all of her mother's old scratchy records that she plays over and over. She can play some of Bob Dylan on her guitar. *Mr. Tambourine Man* and *Blowin' in the Wind.* And Peter, Paul and Mary and Simon and Garfunkel. That's what she's playing now, an old, old record. On the cover, Paul Simon looks her age.

Marcy and Susan burst into the room and Freddie smiles at them, a big, wide smile. She is so nervous that she feels her lips sticking to her teeth.

"What is this music?" Susan says. Susan is in all the school plays and she speaks very dramatically, even when she's not onstage. She wears braces and is tall, almost as tall as Freddie.

Freddie hesitates. "I play this stuff as a goof," she says. "Isn't it funny?"

Susan seems to be deciding if Freddie is telling the truth. "For a minute there," she says, "I thought you *liked* it."

Freddie laughs. "Oh, please," she says. Then she turns back to her bureau. All those used clothes have a funny, musty smell, so Freddie uses vanilla to cover it up. Her mother buys her perfume, but she likes the smell of plain vanilla better. Her hand is trembling slightly as she dabs it on one wrist.

Marcy and Susan come over to her.

"What are you doing? Baking?" Susan says.

Freddie freezes. She tries to think of what to do with the bottle of vanilla in her hand. "Here," she says finally, "use some. It smells really nice."

Susan and Marcy look at each other for the littlest instant, then splash some on.

"We could be a club," Marcy says. "The vanilla wafers."

"Yeah," Freddie says. She is smiling for real now. She imagines sleeping over at Susan's house, going to the mall every Friday, being like everyone else.

Susan is saying, "I hate you, Freddie." But in a nice way. "You're so beautiful it makes me sick."

"Oh, please," Freddie says again. "I am getting the biggest zit on my chin. I don't want to discuss it." This is a lie. She never gets zits, but it works. She slings her big leather bag over her shoulder. Susan smiles and Marcy smiles and the three of them tumble out the door, smelling like a warm kitchen.

They circle the mall. Past Macy's, past Waldenbooks, past Bennigan's and Häagen-Dazs. Around and around. They pass some kids from school, Amy and Jenny and Becky, Courtney and Beth and Lisa, Sara and Emily and Liz. They stop and talk when they see each other, squealing and whispering. "Don't you look nice," Amy says to Freddie. Courtney takes her arm and squeezes it hard. "What happened to your boyfriend from West?" she says. "He's not my boyfriend," Freddie says too quickly. She finds herself smiling in that exaggerated way again. Emily doesn't talk to Freddie at all. Instead she whispers to Sara, "What's the occasion? Queen Fredericka has descended from her throne." Freddie starts to feel that sick feeling in her stomach.

"Let's go in the record store," Marcy says. "The guy who works in there is gorgeous."

Susan says, "Last week he winked at me. I swear."

They go inside. There are hardly any records there, just tapes and CDs. But against one wall there's a bin with a sign over it: ALL RECORDS $3.99!!!! Freddie goes over to it. She has most of these but there are a few she doesn't. From across the room she hears Susan. "I got The Cure on CD." Freddie shudders in the same way she does when Jane snorts. Groups like The Cure and The Clash are terrible. Stupid, Freddie thinks. But then she hears Marcy say, all excited, "Ooooh, good. We can listen to it later," and Freddie knows that later means tonight, after the mall, at Susan's, and she forgets about The Cure and wonders if they will ask her to go back there, too. She focuses on the record, a really early Dylan, instead of thinking about the three of them sleeping at Susan's, whispering in the dark, sharing secrets.

"You like Dylan?" a guy asks her.

She looks up and her heart does a small leap. This is him. The gorgeous guy. He has a ponytail, sad green eyes. All Freddie can manage is a nod.

"Me, too," he says. *"Subterranean Homesick Blues."*

She smiles. "That's my favorite one," she says. Somewhere deep inside she knows it's actually pretty cool to know Dylan even if she discovered it only because she's home alone so much while other girls are out having fun. For an instant she even thinks that these girls don't matter. That being popular doesn't matter.

Susan pushes between Freddie and the guy. "What are you doing looking at this junk for? They have the new Clash."

The gorgeous guy says to Freddie, "I've never seen you before."

She shrugs. "I'm a . . . home . . . body, I guess."

Susan has narrowed her eyes. "When we went to pick her up, she was listening to the queerest music. Like soft rock. Like AM."

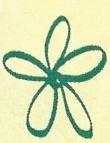
Freddie blushes. "It was *Bookends*," she says.

Marcy is calling to her with great urgency. "Freddie, come here. Hurry up."

Freddie excuses herself. She knows the gorgeous guy is watching her as she walks away.

(continued on page 93)

feel good inside... and out



Recipes for the spa menus shown on pages 76–77. All recipes (except Crunchy Gazpacho Soup) provided by Christopher Klugman, executive chef at King Ranch Health Spa.

Tangy Tuna Salad Sandwich

This creamy tuna salad has a traditional taste without excess mayonnaise.

1 can (6½ oz.) water-packed tuna
2 tablespoons low-calorie mayonnaise
¼ cup low-fat yogurt
½ cup green onion, sliced
½ cup celery, diced
¼ teaspoon ground black pepper

Drain tuna thoroughly. In a small bowl, break tuna into small chunks with a fork. Stir in remaining ingredients. Cover, and store in refrigerator. Serve with mixed-grain bread. Pile on lettuce and sprouts for extra crunch. Makes 4 (½ cup) servings. Per serving: 90 calories, 2 grams fat. Daughter's serving: 1½ sandwiches; Mom's, 1 sandwich.

Vinaigrette Dressing

3 tablespoons white, red, or flavored vinegar
1 cup cold water
1 tablespoon cornstarch
½ teaspoon Dijon mustard
½ clove garlic, minced
1 teaspoon parsley, chopped
½ teaspoon salt
¼ teaspoon granulated sugar
Pinch black pepper
1 tablespoon olive or nut oil

In a small saucepan, combine vinegar, cold water, and cornstarch. Stir constantly over high heat until mixture just comes to a boil. Remove from heat, cool for 5 minutes, and whisk in remaining ingredients. Refrigerate, covered (will keep 2 to 3 days). Makes 8 (2 tablespoon) servings. Per serving: 20 calories, 2 grams fat.

Spicy Bean Burritos

¾ cup canned kidney or romano beans
2½ cups cold water
½ cup onion, chopped
1 cup plum tomato, diced
¼ cup jalapeño pepper, diced
2 tablespoons fresh coriander, chopped
1 clove garlic, minced
1 tablespoon chili powder
1½ teaspoons ground cumin
½ teaspoon salt
½ cup low-fat yogurt
4 tortillas (6½-inch size)
2 cups shredded lettuce

Preheat oven to 375°F. In a large saucepan, combine kidney beans, water, onion, tomato, jalapeño pepper, coriander, garlic, chili powder, cumin, and salt. Place saucepan, uncovered, in oven for 1½ hours, stirring crusty top back into beans every 30 minutes. Add more water if beans become dry (mixture should be thick). If desired, prepare this dish the night before, and heat in the microwave (2 to 3 minutes on High) when ready to serve. *To make burrito:* Spread 2 tablespoons low-fat yogurt down center of tortilla. Spoon ½ cup bean mixture over yogurt, and top with ½ cup shredded lettuce. Carefully roll into cigar shape. Serve with salsa, hot sauce, and low-fat plain yogurt (2 tablespoons per serving). Makes 4 servings. Per serving: 160 calories, 1 gram fat.

Baked Bananas

4 teaspoons brown sugar
2 tablespoons lemon juice
2 medium-size bananas
4 tablespoons low-fat yogurt

Preheat oven to 350°F. In a small microwave-safe bowl, combine brown sugar and lemon juice. Microwave on High until sugar is dissolved (1 to 2 minutes). Cut bananas in half lengthwise, and place in a shallow baking dish. Brush banana halves with brown sugar mixture, and pour remainder over banana halves. Bake for 15 minutes or until heated through. Serve each pair of banana halves with 2 tablespoons low-fat yogurt. Makes 2 (2 halves) servings. Per serving: 160 calories, less than 1 gram fat.

Crunchy Gazpacho Soup

½ cup peeled, diced cucumbers
¾ cup diced red and green peppers
¾ cup diced onion
1 cup peeled, diced tomatoes
2½ cups tomato juice
½ teaspoon garlic powder
¼ teaspoon ground black pepper
4 drops Tabasco sauce
2 tablespoons freshly squeezed lemon juice

In a large bowl, combine all ingredients and mix thoroughly. If desired, prepare the night before and refrigerate. Serve cold. Makes 8 (½ cup) servings. Per serving: 30 calories, less than 1 gram fat.

Lemon Chicken With Pasta

½ pound boneless, skinless chicken breasts
1 clove garlic, chopped
¼ cup lemon juice
1 pound pasta of your choice
4 cups chicken stock
1 tablespoon olive oil
1 shallot, chopped
1 cup carrots, sliced
1 cup red peppers, sliced
1 cup snow peas, sliced
1 cup zucchini, sliced
1 tablespoon lemon zest (grated lemon rind)
¼ cup parsley, chopped
¼ teaspoon salt
¼ teaspoon ground black pepper

Dice chicken and place in a shallow bowl; add garlic and lemon juice. Cover with plastic wrap, and marinate in refrigerator for 2 hours. Cook pasta according to package directions, but just until still very firm. Drain and rinse thoroughly with cold water. Reduce chicken stock by half: Boil rapidly in an uncovered medium-size saucepan, leaving 2 cups of reduced stock. Drain chicken. In a large frying pan, over high heat, quickly stir-fry chicken in olive oil. Add shallot, carrots, red peppers, and reduced chicken stock. Bring to a boil, then add snow peas, zucchini, pasta, lemon zest, parsley, salt, and black pepper. Toss while continuing to heat until pasta is coated with sauce. Makes 4 servings. Per serving: 445 calories, 7 grams fat. Daughter's serving: 3 cups pasta; Mom's, 2 cups.

AROMATHERAPY TREAT

From Judith Jackson, author of *Scentual Touch: A Personal Guide to Aromatherapy.* Run warm water for bath. As the tub fills, add ten drops of an essential oil like lavender, geranium, chamomile, or sandalwood (available at health food stores). Next, add two tablespoons baby shampoo to help disperse the oil throughout the water. Then soak for ten minutes while inhaling the fragrance of the relaxing oil. To order Judith Jackson's book ($22.95) or to sample five aromatherapy bath essences ($20), call 1-800-548-9928.

ALL-NATURAL FACE MASK

From The Golden Door spa, in Escondido, California. First, cleanse face and neck to remove makeup and debris. Blot skin dry. Next, using a spoon, smooth honey all over face. Pat lightly with fingers for two minutes. Then, while lying down, cover eyes with cucumber slices to soothe and relieve puffiness. Relax for five to ten minutes. Finally, rinse face with tepid water and gently dry with a soft towel.

ALL-NATURAL HAIR MASK

From Noel de Caprio, owner of Noëlle The Day Spa in Stamford, Connecticut. First, shampoo hair and towel-dry. While hair is still wet, comb two tablespoons mayonnaise through hair (mayonnaise contains egg yolks, which give hair shine). Then cover head with a shower cap to keep in moisture, lie down, and relax for twenty minutes. Finally, shampoo again.

If you'd like to find out more about the spas in your area, call Spa Finders at 1-800-ALL-SPAS (in New York, call 1-212-924-6800). While you're on the line, be sure to ask them about special mother/daughter packages.

Handwriting, Joann Owen Coy.

TOTALLY!...Awesome

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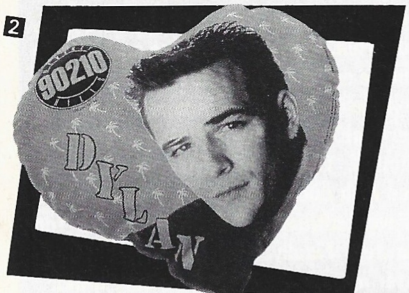
Poster: Life-size poster of Dylan; $10.00 postpaid; *Novelty Poster, 11 Addison Place, Valley Stream, NY 11580.*

Novelty T-shirts: Assorted BEVERLY HILLS 90210 T-shirts in 100% cotton. Specify style and size S-M-L-XL; $16.95 postpaid. *Stanley Desantis, 7525 Ethel Ave., Bldg. M, North Hollywood, CA 91605. For phone orders and list of colors call 1-800-999-4262.*



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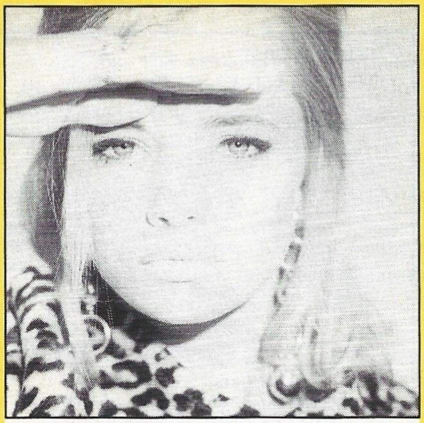

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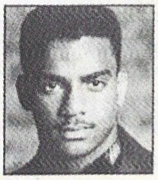

Alfonso Ribiero who plays Carlton on *"Fresh Prince of Bel Air"*

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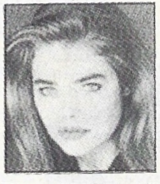

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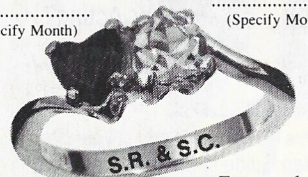

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FREDERICKA . . .

continued from page 88

Marcy grabs her by the wrist. "Susan likes him," she says. "If you hang around him like that, he won't ever ask her out. Come on. Let's go and get an Orange Julius."

When they leave the store, Freddie glances back. The gorgeous guy smiles at her, mouths something she can't make out.

"Your problem," Susan tells Fredericka, "is you draw attention to yourself. The way you dress, the way you never talk in class, the way you *smell*. Everything."

Marcy is driving too fast because everyone is mad. The gorgeous guy kept asking Susan questions about Freddie. He asked her if Freddie was a model, where she lived, what her name was. "He's going to call you," Susan told her. "I just know it. I hate you, Freddie." This time it sounds almost real.

"I won't go out with him," Freddie says. "If he calls, I'll tell him I have a boyfriend or something. He wasn't even that cute."

Susan shrieks. "*He's* not cute? Not cute enough for you, maybe. Only Tom Cruise is good enough for you, I guess."

Marcy's voice is quieter. "You did this to Sara, too. With that guy from West."

Freddie is trying to think of the right thing to say, but she can't. If she could have anything, it would be to not be pretty. To be able to paint fruits and vegetables, to have braces on her teeth.

Susan takes a big breath. "Let's just calm down here," she says. "Will you go out with him?"

Freddie thinks about the way her heart made that little jump. She thinks about the way he knew Bob Dylan songs and how sad and green his eyes were.

"No," she says. "I won't."

Susan is quiet, mulling this over. "Okay," she says finally. "Good."

They pull up to Freddie's house. It's not even ten o'clock. She knows that in a few minutes *Ghost* is coming on HBO. She will go inside and watch it. Her father will make her microwave popcorn.

"Thanks," Susan says. Her voice is friendly again. "For not going out with him."

Freddie forces a smile. "No problem."

Marcy leans out the window. "Fredericka," she says, "you are so lucky. You have everything."

Fredericka knows that Marcy is sleeping over Susan's. She clutches her bag tightly now. In it she'd tucked a big T-shirt and her toothbrush, just in case.

Ann Hood's latest novel is "Something Blue," published by Bantam.

WHERE TO BUY . . .

many of the fashions and accessories seen on the cover and on pages 10–14, 20–21, 30, 48–53, 56–61, and 66–71. All prices are approximate. Most fashions are available at department and specialty stores in addition to the ones listed here.

Cover:
Rebel House jacket, S-M-L: To order, call 1-212-575-0273.
Tomas at A Train earrings: at department and specialty stores.
Glentex for The Honey Collection scarf: at department and specialty stores.
Michael Bucher ring: Buffalo Chips, New York; Jack David, New York.
Esprit blazer, XS-S-M-L: Bloomingdale's, selected stores; Esprit, all stores. To order, call 1-800-777-8765.
Us Boys hooded top, S-M-L: at department and specialty stores.
Accessories U.S.A. earrings: For more information, write Accessories U.S.A., 299 Carpenter Street, Box 105, Providence, RI 02904, or call 1-800-886-0206.

Pages 10–11:
Sam & Libby dress, S-M-L: at department and specialty stores.
Ulyssian Imports cap: Fanueil Hall Marketplace, Boston; Filene's, Boston; Hats in the Belfry, selected stores.
Tomas at A Train earrings: Jordan Marsh, selected stores.
The Berlin Wall boots: For more information, call 1-619-425-5007, or write The Berlin Wall, 319 Third Avenue, Chula Vista, CA 91910.
Anthropologie by Urban Outfitters sweater, S-M-L: Clothes N Things, Great Neck; Urban Outfitters, all stores.
Kiko shorts, S-M-L: Betsy's, Marblehead; South Moon Under, Ocean City.
Liz Claiborne Accessories belt: Macy's, selected northeast stores; May Co., selected stores.
Sally Becker bracelets: Old Scrimshaw Leather Shop, Chatham.
Cathy and Marsha for Catherine Stein earrings: at department and specialty stores.
Pepe shirt, S-M-L: at department and specialty stores.
J. Crew shirt, XS-S-M-L, and shorts, 4–14: To order, call 1-800-562-0258.
Perry Ellis for Trimfit socks: at department and specialty stores.
Chilis boots: at department and specialty stores.

Pages 12–13:
EDC by Esprit jacket, S-M-L: To order, call 1-800-777-8765.
Get Used by Elie vest, S-M-L-XL: at department and specialty stores.
Allen Allen, USA T-shirt, one size: For more information, call 1-800-822-1244.
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Ziggy Originals rings: Canal Jean Co., New York; Dream Merchant, Houston; Romp, Melrose.
M'Otto Red Dot anorak, S-M-L: at department and specialty stores.
Ruff Hewn T-shirt, S-M-L: Jordan Marsh, all stores.
Gitano jeans, 3–13: Gitano, all stores.
Converse sneakers: at department and sporting-goods stores.
Squeeze jackets, both S-M-L: at department and specialty stores.
Weavers T-shirt, M-L-XL: Weavers, Melrose and Long Beach.
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Marika bike shorts, S-M-L: at department and specialty stores.
Winky & Dutch rings: at department and specialty stores.
Cotu'j by Hotline Sales bodysuit, S-M-L: at department and specialty stores.
Sam & Libby short shorts, 3/4–13/14: The Broadway, selected stores; Macy's, all stores.
New York Hat & Cap Co. hat: Hats in the Belfry, selected stores; Rolo, San Francisco.
Gitano tights: Gitano, all stores.
Na Na boots: For more information, write Na Na, 414 Amsterdam Avenue, New York, NY 10024.
Skandals clogs: Ritz, New York; Urban Outfitters, New York.

Page 14:
Sport button covers, pin, and pendant: at department and specialty stores.
Performance Sport dress, S-M-L: For more information, call 1-212-730-7474.
R. Phillips cap: Bloomingdale's, New York.
Zip Code jacket, 3–13: at department and specialty stores.
Adidas USA athletic pants, S-M-L: at department and specialty stores.
New York Hat & Cap Co. cap: Canal Jean Co., New York; Hats in the Belfry, selected stores; Urban Outfitters, all stores.
Starter caps: at department and specialty stores.

Pages 20–21:
Screaming Mimi's dress, belts, bracelet, mules, bathing suit, gloves, jacket, and pumps: Screaming Mimi's, New York.
Patricia Field shoes, tops, and dress: Patricia Field, New York.
Reminiscence jackets, cutoffs, purses, scarf, and pants: Reminiscence, New York.
Lois Nulman Studio pins: To order, call 1-212-794-8592.

Page 30:
The Fashion Desk Diary: at bookstores.
Audubon Endangered Planet Calendar: To order, call 1-800-323-7445.
A Journey Into 366 Days of Black History calendar: To order, call 1-800-227-1428.
Man's Best Friend calendar: at bookstores.
Countdown calendar: Banning Enterprises, Farmingdale. To order, call 1-516-694-9494.

Pages 48–49:
Domani Designs at Yvette Fry earrings on Niki: Island Passage, Wilmington.
Domani Designs at Yvette Fry earrings on Krissy: Cacique, Fort Lauderdale; Opus, Sarasota.

Pages 50–51:
Sears Catalog tank top, S-M-L: To order, call 1-800-366-3000.
Lawman jeans, 1–13: Younkers, selected stores.
Allen Allen, USA sweater, S-M-L: For more information, call 1-800-822-1244.
Diapositive shorts, S-M-L: Barneys New York, New York; Betsey Bunky Nini, New York; Fred Segal, Melrose.
Domani Designs at Yvette Fry earrings on Niki: Island Passage, Wilmington.
Domani Designs at Yvette Fry earrings on Krissy: Cacique, Fort Lauderdale; Opus, Sarasota.

Pages 52–53:
Esprit blazer, XS-S-M-L: Bloomingdale's, selected stores; Esprit, all stores. To order, call 1-800-777-8765.
Us Boys hooded top, S-M-L: at department and specialty stores.
Jockey International T-shirt, S-M-L-XL: at department and specialty stores.
Levi's Womenswear jeans, 1–15: To order, call 1-800-USA-LEVI.
Accessories U.S.A. earrings: For more information, write Accessories U.S.A., 299 Carpenter Street, Box 105, Providence, RI 02909, or call 1-800-886-0206.
Domani Designs at Yvette Fry pendant: Alapage, Bedford; Romp, Melrose; Utopia, Charleston.
Rebel House jacket, S-M-L: To order, call 1-212-575-0273.
Big City T-shirt, S-M-L: Macy's, all California stores; Vogue/Body Shop, Jacksonville.
JouJou shorts, 3–12: at department and specialty stores.
Tomas at A Train earrings: at department and specialty stores.
Glentex for The Honey Collection scarf: at department and specialty stores.
Lizwear blazer, 4–14: at department and specialty stores.
The Antique Boutique vest, S-M-L-XL: The Antique Boutique, New York.
For Joseph shirt, S-M-L-XL: Charivari, New York; Sweats Appeal, New York and Plainview; Boogies Diner, Los Angeles.
Allen Allen, USA ski pants, S-M-L: For more

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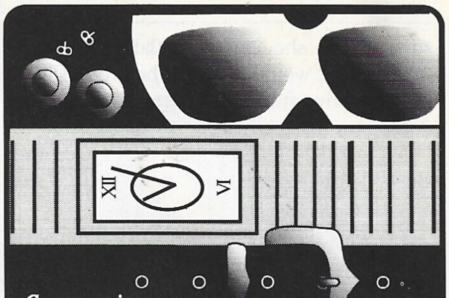

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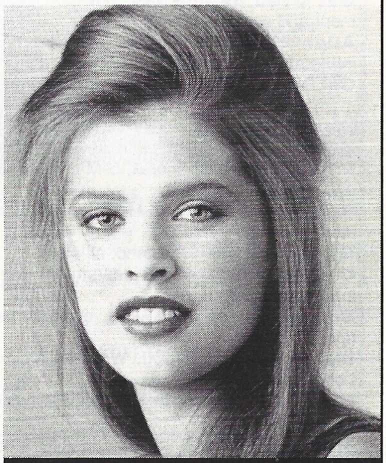

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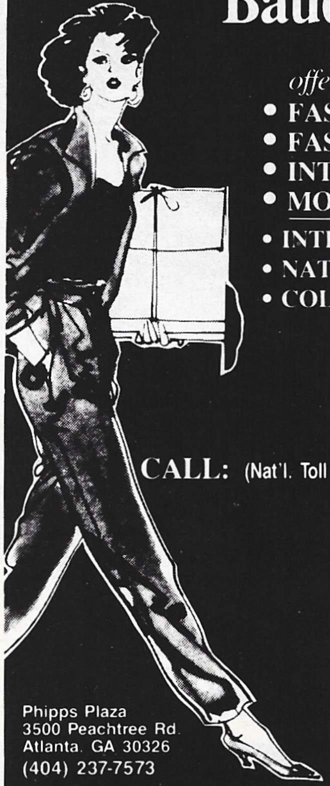

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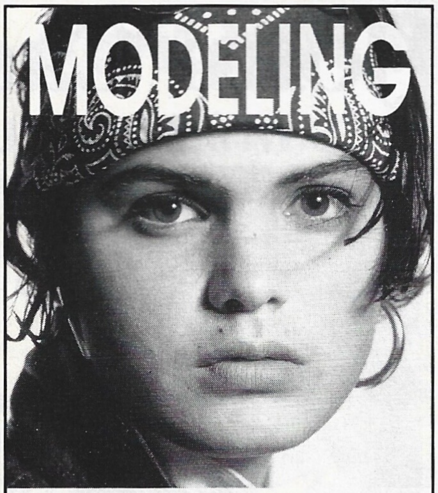

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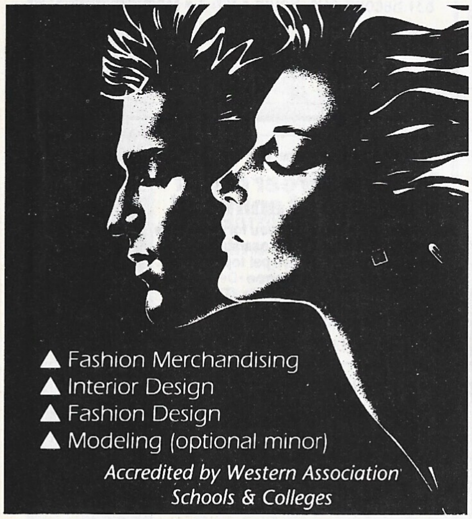

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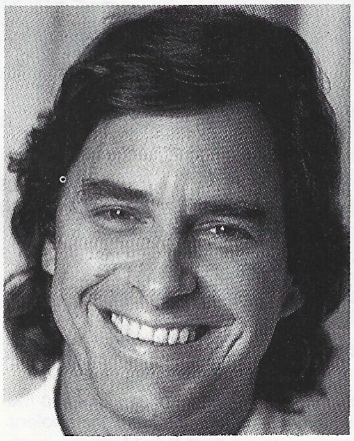
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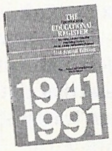

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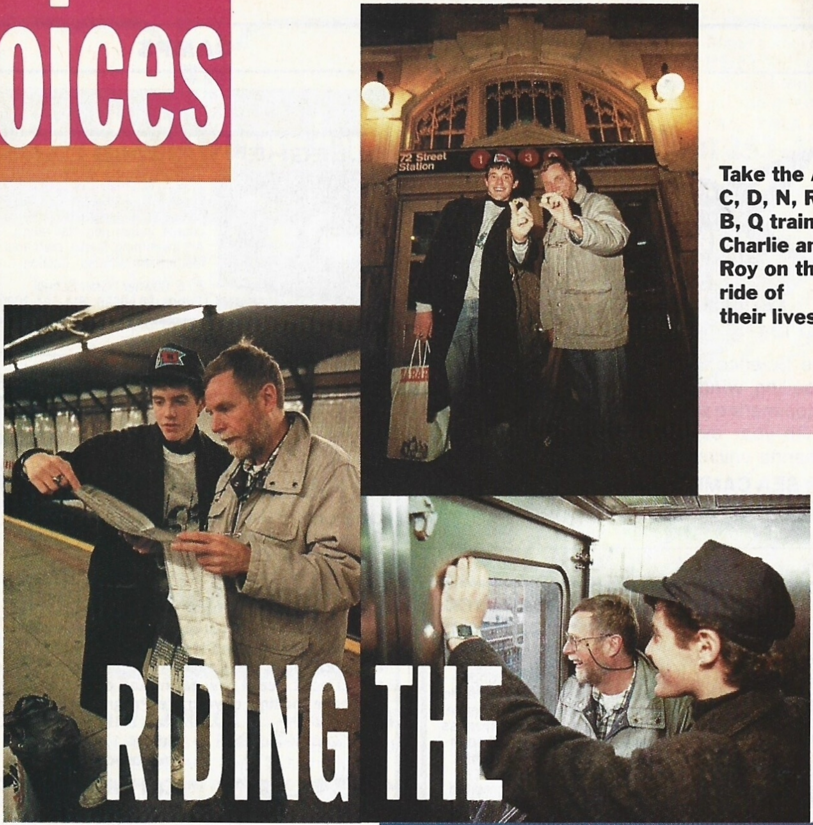

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Normally I'm asleep at 4:00 AM. But on Thursday, December 20, 1990, I was up and on my way to ride the subway—not to school, not to work, but to the end of the line.

Actually, I rode to the end of every line in the New York City subway system, on one token. That's 722 miles for $1.15. People ask me all the time why I did this. I did it for fun. Since I was twelve I've loved riding the subway. A family friend, Roy, would take me to the end of a line just to show me a neat station. We two are great friends, even if he is fifty-two and I'm eighteen.

I also did it as a project for my humanities class. Everyone's heard about how unsafe the New York subway is. The murder of Brian Watkins on a New York subway platform in 1990 reinforced just how dangerous the subway can be. I wanted to prove that awful events like this are the exceptions to the rule. Sure, they are there; in fact, 18,324 crimes were committed in the subway system in 1990. But considering the 1,028,000,000 rides that were taken on the subway that year, that number is less frightening than it seems.

The subway is the major way people get around New York City; it's cheap and it will get you almost anywhere in four of the five boroughs that make up the city—Brooklyn, Queens, the Bronx, and Manhattan (for the fifth, Staten Island, you have to take a ferry or a bus).

The best thing about the subway (after the price) is the different types of people you see on the trains: everyone from rich businesspeople to street people. You can hear just about every language imaginable, see every human shape you can think of, and, unfortunately, smell every smell possible.

Of course, when you travel makes a big difference. During morning rush hour the trains are packed. This is the most uninteresting time on the subway. People are too tired to notice anything: They're in their work or school mode, not their party mode.

The afternoon rush hour is better. The best part is watching people push onto a crowded train as people push off onto a crowded platform. From this, fights ensue. Two opposite people will team up to elbow onto a train and then elbow each other out of the way to get a seat. It's great!

Subway trains run twenty-four hours a day, seven days a week. There are twenty-five different subway lines, many of which have local and express trains (which run along the same route as locals, but go faster because they make fewer stops).

I'd ridden the subway a lot, but I knew I'd covered only a tiny portion of the whole system. Then Roy gave me a book about the subway, and I read about a woman who rode the entire subway route system on one token in the late 1970s. Roy and I decided to do this, with one change: We would ride the entire *track* system on one token. Riding the route system, like she did, is riding one line from beginning to end, then another line, and so on. You don't have to ride both expresses and locals. Her way only adds up to 238 miles. Riding the track system, which we made up our minds to do, means riding every inch of subway track, express and local. That's 722 miles—a big difference.

We decided to make our trip from December 20 to December 23. We estimated that we would be in the system for seventy-two straight hours. Before we started we got lists from the New York City Transit Authority of working bathrooms and concession stands in the subway so we'd never have to leave the system (or use another token to get back in). We also had to plan our route. This was not as easy as it seemed. We had to make sure that all the lines were running and that all the track was being used. Then it was just a question of getting started.

Roy and I met at Seventy-second Street and Broadway, the station nearest my house, early that morning of December 20. We were joined by Rick, a photographer, at 5:00 AM. We officially entered the system at 5:39. Roy and I remained stuck within the bounds of the New York City subway system for the next three days.

That first day, we spent a lot of time jumping from train to train to get miscellaneous little pieces of track. We had to deviate from our original schedule, so no one ever really knew where we were until we called in. In the middle of the afternoon, after the euphoria of the big start had died down, I looked up at the subway map. I had seen that map thousands of times, and never had it looked so big. It scared me. Not the thought of being in the subway late at night, not even the thought of crime, just the thought that I couldn't reemerge until that entire map had been covered.

That afternoon I saw the most beautiful girl I saw for the entire trip. She was about five foot five, with jet black hair. She had this bright red lipstick on and big brown eyes. The only problem with her was that she was with a guy at least six foot six. Pretty soon after that I stopped noticing girls altogether. I was so tired, and I looked like hell anyway, so what was the point?

We didn't actually complete every inch of even a single line until 9:15 that night. It was the Q train to Brighton Beach. It was a milestone, but we still had a long way to go.

That night we had to cover some track that was only used between 1:00 and 5:00 AM. The track was only about a block long, but it had to be done. Around 1:20 AM we pulled into the Rockaway Park stop. At night the train sits there for about twenty minutes with the doors open. The worst part was that the station was outside, by the ocean, and it was winter. I had been trying to sleep when I got a large cold blast of the wind. That kept me

R. MAIMAN/SYGMA

up for a while.

At around 10:40 Friday morning I called my mom. I sounded horrible—I was tired and cranky, and all I wanted to do was get into bed and go to sleep. It was the closest I ever came to quitting. But Roy and I got on the N train to Coney Island and I got to sleep for about an hour and ten minutes. I called my mother as soon as we got there and told her that I knew I was going to make it.

The people in the subway late at night are either the most boring or the most exciting. At about 1:00 on Saturday morning we were on the number 2 train in Brooklyn. At one stop a pack of about ten kids got on. They were loud and I usually would have been scared of them, but I was so tired that I couldn't have cared less if they wanted to mug me or not. It turned out that they were just having fun going to a party. When we got to the last stop, I had just started to doze off when one of the girls saw me and said, "Time to get up!" She was so nice; she actually cared about a stranger on the train. You almost never see that in the middle of the night on the subway.

From 3:00 on Saturday afternoon until the end, Rick was with us the whole way. He even brought us a feast he'd cooked of roast chicken, hamburgers, and hard-boiled eggs. He wanted to get some shots of us having a "picnic" in the subway. Otherwise, all we'd eaten was candy bars and chips.

At 9:35 Saturday night we got on the L train, the last line. We got to Rockaway Park at 10:18, got back on the L at 10:26, and at 10:51 PM on Saturday, December 22, 1990, stepped off the train at Sixth Avenue in Manhattan, our mission completed. We were way under schedule, and we were done.

We took the number 1 train back to Seventy-second Street, where we'd started. My mother, Roy's wife, and the press weren't supposed to meet us there until 1:00 in the morning, so Roy, Rick, and I ate, slept, and talked for an hour. I felt so proud of myself. I looked at a subway map and thought, Wow, that map has gotten a lot smaller.

Then a news crew showed up. Everybody else saw the lights and came running.

What a moment! It was actually over. We gave interviews, we drank soda, we celebrated in the station. Then at 1:18 AM we went upstairs and exactly sixty-seven hours and thirty-nine minutes, ten hours of sleep, ten bags of Doritos, and fifteen Snickers bars after we first entered the system, we left it. It was pure joy.

I think I went a long way toward proving that the subway is relatively safe. I was in the system for more than sixty-six hours and I never even saw one crime. That's pretty good. Also, now that the trip is over, I've had a chance to think about what I've accomplished. Never before had I attempted something this big. I know that after this, I can do anything I want to. What a feeling.

Charlie Redell plans to ride the subway track system again, this time to help the homeless.

WHERE TO BUY . . .

continued from page 93

information, call 1-800-822-1244.

L.E.I. vest, S-M-L: at department and specialty stores.

525 Made in America turtlenecks, both one size: Barneys New York, New York.

Cherokee shorts, 3–13: at department and specialty stores.

Sam & Libby jacket, S-M-L, and shorts, 3/4–13/14: Macy's, New York.

Finity turtleneck, S-M-L: at department and specialty stores.

Déja Designs earrings: at department and specialty stores.

Hue tights: Macy's, all California stores; Nordstrom, all stores.

Calvin Klein Jeans jacket, S-M-L, and shorts, 4–14: Bloomingdale's, selected stores; Calvin Klein, Dallas, Palm Beach, Chestnut Hill, Costa Mesa, and Cleveland.

Gitano tights: Gitano, all stores.

Pages 56–57:

Esprit blazer, XS-S-M-L, and cardigan, S-M-L: To order, call 1-800-777-8765.

Jockey International T-shirt, S-M-L-XL: at department and specialty stores.

Guess by Georges Marciano jeans, 24–32: Bloomingdale's, New York; Bullock's, selected stores; Famous Barr, selected stores; Guess, Beverly Hills; Macy's, selected California stores.

Gitano cap: Gitano, all stores.

Hoop-la! at A Train earrings: Goosebumps, San Francisco; Sea Creations, Port Jefferson.

Rebel House motorcycle jacket, S-M-L: Rebel House, New York. To order, call 1-212-575-0273.

Zip Code vest, 3–13: County Seat, all Florida stores.

Tripp shirt, S-M-L: Trash and Vaudeville, New York.

Gia by Gina Vilone skirt, 1–2: Untitled, New York; Bebe, Los Angeles; I.C.E., North Miami Beach; Street Legal, Los Angeles and Palm Springs.

Erwin Pearl earrings: Up To Date, Poughkeepsie.

Liz Claiborne Accessories belt: at department stores.

Top Drawer bracelets: Nordstrom, selected stores; Jacobsons, selected stores.

Harley-Davidson jacket, 38–50: Bartels' Harley-Davidson, Culver City.

Sam & Libby shirt, S-M-L: Bloomingdale's, New York; Macy's, selected stores; Robinson's, selected stores.

Zootsuitz at the Cutting Edge bodysuit, S-M-L: Yo Baby, Yo!, Melrose.

Rifle shorts, 4–10: For more information, call 1-212-819-9099.

Tacque earrings, belts, and necklaces: at department and specialty stores.

Gamine fishnet stockings: at department and specialty stores.

Harley-Davidson MotorClothes caps: at Harley-Davidson dealerships.

Pages 58–59:

Dakota Blue jacket, S-M-L: at department and specialty stores.

Soho Compagnie shirt, S-M-L: at department and specialty stores.

Ooops A Daisy earrings: at department and specialty stores.

Cool Wear top, S-M-L: at department and specialty stores.

JouJou jeans, S-M-L: at department and specialty stores.

Sam & Libby sandals: Bloomingdale's, New York.

K.D. dids top, S-M-L: Capezio Dance Theatre Shop, New York; Freed of London, New York.

Esprit T-shirt, XS-S-M-L: To order, call 1-800-777-8765.

IIT jeans, 1–3: at department and specialty stores.

Gitano hat: Gitano, all stores.

Pages 60–61:

Boca Bleu sweater, S-M-L: CWT, Boston.

Dinwiddie's skirt, S-M-L: Culture Shock, Boston; Dinwiddie's, Bloomington and Indianapolis; Edge City, Jacksonville.

Erwin Pearl earrings: Up To Date, Poughkeepsie.

Echo scarf: Dillard's, Little Rock and Fort Worth; Nordstrom, Seattle and Portland stores.

Tripp jacket, S-M-L: Trash and Vaudeville, New York.

Vintage Blue leggings, S-M-L: Bloomingdale's, New York; Macy's, selected stores.

Detente cap: For more information, write Detente, 60 Wooster Street, New York, NY 10012.

Nash for Accessory Resource Gallery medallion: at department and specialty stores.

Tacque bracelet: at department and specialty stores.

Everlast gloves: at sporting-goods stores.

Adidas sneakers: at department and sporting-goods stores.

Pages 66–67:

Raymond Dragon romper, top, and shorts, all S-M-L: Patricia Field, New York; The Loft, New York; Romp, Melrose.

Capezio by Ballet Makers ballet slippers: Capezio, all stores.

City Socks tights: at department and specialty stores.

Swimwear by Adrienne Vittadini swimsuit, 6–14: Bloomingdale's, New York; Lord & Taylor, New York; The Broadway, selected California stores.

Jumping Joy leggings, S-M-L: at department and specialty stores.

Ian's bracelet: Ian's, New York. For more information, call 1-212-420-1857.

J. Crew belt: To order, call 1-800-562-0258.

Pages 68–69:

French Connection dress, S-M-L: French Connection, New York, New Orleans, and Philadelphia.

Ian's bracelet: Ian's, New York. For more information, call 1-212-420-1857.

Whittall & Shon cap: To order, call 1-212-594-2626.

Gamine fishnet pantyhose: at department and specialty stores.

Daffy dress, S-M-L: Gone Bananas, San Diego.

Weston Wear at JFK Sales top, S-M-L: Asta De Bleu, Philadelphia; Maxalto, Pittsburgh.

Interport cuffs: Ivory Coast, Sarasota; Silver Springs Gift Shop, Silver Springs.

Guess fishnet pantyhose: at department and specialty stores.

Iwanciw Functional Funware sweater, one size: For more information, call 1-212-302-5710.

Marika tank leotard, S-M-L; Macy's, New York.

Sam & Libby leggings, S-M-L: at department and specialty stores.

Detente cap: For more information, write Detente, 60 Wooster Street, New York, NY 10012.

Soho Compagnie vest, S-M-L: at department and specialty stores.

Marika leotard, S-M-L: at department and specialty stores.

Genetic Genes jeans, 1–5: at department and specialty stores.

Boma earrings: Bocco, Seattle.

Harley-Davidson MotorClothes gloves: at Harley-Davidson dealerships.

Pages 70–71:

Michel Sport jacket, S-M-L: at department and specialty stores.

Cotu'j by Hotline Sales leggings, S-M-L: at department and specialty stores.

Dizzy Designs bracelets: Jackie Chalkley, Washington, D.C.; Tres Jolie, Cincinnati.

J. Crew turtleneck, S-M-L: To order, call 1-800-562-0258.

Squeeze jeans, 3–13: at department and specialty stores.

Marika bra top, S-M-L: at department and specialty stores.

Top Drawer bracelets: Jacobsons, selected stores; Nordstrom, selected stores.

Harley-Davidson MotorClothes gloves: at Harley-Davidson dealerships.

OWNING UP

BY CATHI HANAUER

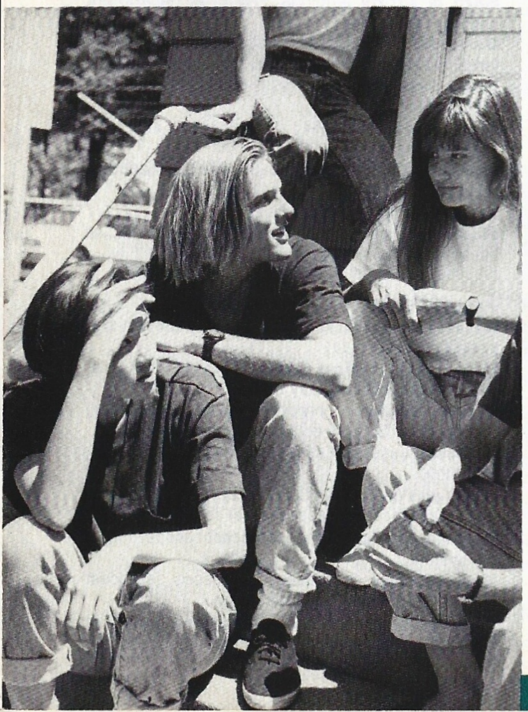
Last summer I stayed with my brother in Hawaii for a month and fell in love with his neighbor Bruce. Bruce is sort of a rebel, but he's the first guy I kissed and the first guy who paid lots of attention to me. It killed me to leave—he didn't even come to the airport! But I still wrote and called him, even though I never heard back. My brother says Bruce has girls over all the time and I should find somebody new. But my friends there say that he never has girls over and that I should be with him.

Next month, I'm going to visit my brother with my parents. I know when I see Bruce all the old feelings will come back. Who should I believe and what should I do?

It sounds as if you have enough information about Bruce on your own: A boyfriend who doesn't make any effort to get in touch with you for months—especially when you're writing and calling—has pretty obviously checked out of the relationship. No matter how much Bruce may have liked you (or still would, if you were there), he may not want to deal with a long-distance relationship. Or he may never have had any intention of starting a real relationship.

Unfortunately, now you're left with the pain of letting go—which is harsh. So rather than worrying about Bruce, concentrate on getting your heart back. If that means going to Bruce and actually talking with him about your feelings, you'll have a chance to do that when you get there (provided that Bruce doesn't avoid you the way he's avoiding your letters and calls). You could confront him and tell him you need to know what's going on. You may not get the answer you want, but it may help to hear it from him directly.

Whatever happens, try to think of Bruce as a guy with whom you had a short-but-excellent time rather than as someone who'll figure in your future. I know, easy for me to say. But the more you give to Bruce without getting anything back, the more likely it is that your memories of your relationship will be sad rather than sweet.



LEAH DEMCHICK

I really like Taylor, and people say he likes me, too. The problem is, he's going out with my friend Lisa. But at lunch he pays more attention to me than to her, and in English he sits next to me a lot (she's not in the class). In shop—the only class all three of us have together—I sit with Lisa, but if Taylor comes over he sits by me. He calls both of us. He invited us both to cooking class for pizza. I don't know if he likes me or not, and I don't want to hurt Lisa. But I really like him!

There's nothing wrong with being close to a friend's boyfriend, as long as she knows what's going on (like that he's calling you) and she doesn't mind. But as soon as either you or he makes a move you can't comfortably tell her about, you're crossing over into what I'd call illegal behavior—and you're both heading toward hurting your friend big time. (How would you feel if Lisa moved in on your boyfriend?)

You need to figure out what you want and own up to what you're doing. If you don't want to hurt Lisa, you won't get in the way of her relationship with Taylor. You'll probably even back off a little and accept what you are: his girlfriend's friend, not his second girlfriend. And if Taylor starts to do something that hints at being more than "friends" with you, you'll stop him and tell him you can't do that to Lisa.

If, on the other hand, what you want is Taylor, don't fool yourself into thinking you won't hurt Lisa if you go for him. Even if you just sit back and let him go for you, you'll be partly responsible for whatever happens. If it's you Taylor wants, he'll have to come on a little stronger. You could tell him you like him, but you can't be with him while he's with Lisa.

At that point, it would be Taylor's decision whether to end things with Lisa and ask you out (not exactly heroic on his part, but at least honest). That's not to say she'd be thrilled with you or Taylor if that happened, but at least she'd know—and you'd know—that nobody went behind her back.

Staci and I met at the beginning of school and became best friends fast. But after two months she started acting totally mean to me for no reason. Just when I thought our friendship was over, she called me and asked me to come over. After that she called all the time, and we did everything together. We were best friends again until her cousin came to town over Christmas. Now she hates me again.

I'm pretty sure she'll come back to me soon. The thing is, my other friends say I ignore them when I'm with Staci, and my mom says I act mean. But I like Staci. She does whatever she wants, and we laugh at everything. Should I take her back?

One of the cool things about having a lot of friends is that each one brings out a different side of you. And it sounds as if part of what you get from Staci is that around her you get to be (or at least act) more the way she is. That can feel pretty great—especially if you normally have doubts about yourself or you feel insecure—so I can see why you don't want to drop Staci, despite her tendency to run hot and cold.

The problem is that your friendship with her also lacks a lot of things: trust, mutual respect, and security, to name a few. In fact, the very things that you're attracted to in Staci (and that you may adopt when you're around her) are partly what's driving you away from her. These qualities can be harsh when you're on the receiving end—as the comments from your friends and your mom show.

Is it worth messing with tried-and-true friendships to keep a new friend who's unreliable (even if she is fun and cool)? How much mistreatment are you willing to put up with from Staci in return for the laughs? I don't think you necessarily have to drop Staci, but consider just treating each friend as she treats you: your longtime friends as loyal friends who mean a lot, and Staci as someone you're happy to spend time with when it's convenient for you. (If she can't take it, she shouldn't be dishing it out.)

You could also try explaining things to Staci. There's a slight chance she doesn't even realize that it bothers you when she drops you on a whim. There's also a very good chance that she only calls you when she doesn't have anybody else around. For whatever reasons, Staci is drawn to a friendship with you that lets her be undependable and selfish, and your willingness to accept her that way may be part of what keeps her coming back. Here's hoping she's a good enough person to want to be a truly good friend.

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horoscope

KATE MOSS

Birthdate: January 16, 1974
Cappy Days: Like most Capricorns, Kate pursues her high goals quietly. "Nobody thinks I'm ambitious," she says. "I don't tell people what I want—I just think it."
Capping her career: Kate's been modeling since she was fourteen, when an agent spotted her on an airplane. Her favorite modeling locale? Borneo. "Nobody knew what to expect. It was like an adventure."
Gourmet Goat: Sushi is Kate's food of choice. "It's not as popular in England, where I'm from, so when I was in New York, I ate it all the time."

CAPRICORN

(Dec. 22 to Jan. 20) Caps are born with impeccable manners, but this month you dump your etiquette books and go wild at a big blowout. The beginning of the month finds you in a funk till approval from someone who counts makes things all better. Think complimentary—kissing up to authority figures helps in the weeks ahead. Want a resolution you can *keep*? How's this: Be good to yourself—at least once this year. . . .

BY BARBARA STEPKO

AQUARIUS

(Jan. 21 to Feb. 19) Ever experimental, you're prone to blowing up science projects—and watching them burn. Now you've got a new look (shorter hair? redder lips?) and a new reason for living (tall, blond, answers to "Yo!"). The folks are feeling forgiving: They're even willing to forget that financial indiscretion. Go ahead—beg.

PISCES

(Feb. 20 to March 20) Most anything makes you teary—an old song, a split end . . . but when troubles mount midmonth, determination, not waterworks, solves all. An older guy may give you attention—and your parents ulcers. Tread carefully. Keep unusual discoveries (Elvis's hideaway?) quiet until friends are ready.

ARIES

(March 21 to April 20) You're *the* rebel with a cause: Use that idealism to spur classmates to action. Too much nuzzling with your most significant other turning your cranium to creamed corn? Try brain food (sardines, anyone?) and deep books. A riveting revelation has you hitting a higher octave than Mariah Carey.

TAURUS

(April 21 to May 21) You enjoy getting your own way, but you may have to compromise to keep a close friend. Finally, you find an ingenious way to earn extra cash—like watering the neighbor's plants or walking Fifi. A just-for-fun romance with a smart jock (not necessarily an oxymoron) could be the lift you need.

GEMINI

(May 22 to June 21) Your eyes are *glued* to guys, and you might be tempted to nab a good friend's goodfella. But is he worth it? (Plus, an *available* stud muffin is up ahead.) Acing the academics? Try some extracurricular activities. Don't disown *any* siblings (even if they leak your ode to Steven Seagal to the press). They rescue you later.

CANCER

(June 22 to July 23) Timid? You won't ride the school bus until they install air bags. But taking a risk now pays off big. Don't put anything embarrassing in writing: Not-for-publication notes may fall into the wrong hands. Clear out the clutter in your life, starting with your locker. Who knows what you'll find in the debris. . . .

LEO

(July 24 to Aug. 23) Sure, your *familia* can act a bit odd. But this month, for whatever reason, they should actually be making life pleasant. You love giving advice—whether it's asked for or not. But keep quiet when a certain friend comes for comforting. (You can't help this time.) Stay alert: Jealous friends may be eyeing your guy.

VIRGO

(Aug. 24 to Sept. 23) Li'l ol' you is *never* a frivolous flirt. But don't hesitate to chat it up with Mr. He-Man—your insightful conversation piques his interest. Eeek! An unsavory acquaintance makes a return appearance. Be polite, but don't put up with *too* much. Family matters got you frazzled? Get away to decompress *alone*.

LIBRA

(Sept. 24 to Oct. 23) What is truth? That's just one question facing indecisive Libras. When a big decision presents itself, follow your head, not your heart. You love naps, but try breaking out of the fetal position to go culture questing (a museum?). Heard it through the grapevine? Verify those facts before you spread any dirt.

SCORPIO

(Oct. 24 to Nov. 22) You love digging around in people's private affairs, and now's the time to make like Columbo and unravel a friend's weird behavior. Your preferred attire is a micromini, but dressing *down* will actually impress that adorable creature of comfort. Dollars do a disappearing act—so cool it with the currency.

SAGITTARIUS

(Nov. 23 to Dec. 21) That Sag temper soars. But popping off over petty matters won't solve anything. Don't muffle your ever-moving mouth to appeal to a shy sort: He admires your honesty. (What a guy.) Got the winter blahs in class? Get with the scholarly program and *quit* with the hand animals in the projector light.

Photo, Luca Donato. Illustration, Wim Huurman.

Choose A Boy Or A Girl...

And Become A Sponsor For Only $12 A Month

At last! Here's a sponsorship program for Americans who can't afford to send $20 or more a month to help a boy like Carlos or a girl like Melanie. Now, for just $12 a month, you can help provide...

- Emergency food, clothing and medical care.
- A chance to attend school.
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In Return, You Will Receive...

- A 3½" x 5" photograph of your child.
- A special Sponsorship Kit with information about your child and his or her country.
- Two personal letters from your sponsored child every year.
- A chance to send Christmas and birthday presents to your child.

All Of This For Only $12 A Month?

Yes — because we've found ways to lower costs — and still provide significant aid to the child you sponsor.

Here's How You Can Help A Needy Child:

1. Fill out either the boy or girl coupon — or both, if possible — and mark the country of your choice.

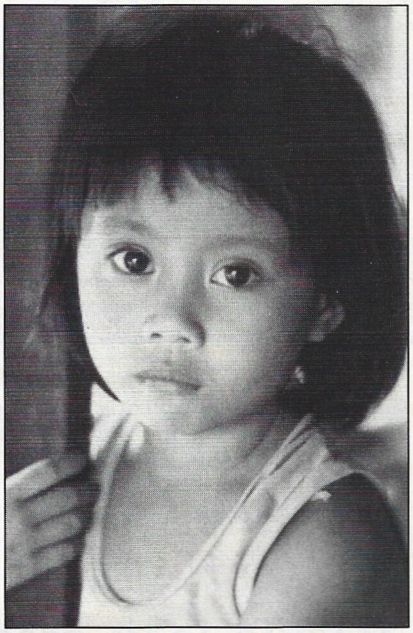
2. Or, mark the "Emergency List" box and we will assign a child who most urgently needs a sponsor.

3. Send your first monthly $12 gift along with *each* coupon you mail.

Then, in a few days, you'll receive your special Sponsorship Kit.

For the sake of a needy boy like Carlos...or a needy girl like Melanie...may we hear from you? Right away? Thanks so much.

Carlos lives in a one-room shack in Guatemala and sleeps on the dirt floor.



Melanie is 6 years old and lives in a disease-infested area of the Philippines.

Sponsor A Boy For Just $12.

☐ **YES,** I wish to sponsor a boy. Enclosed is my first payment of $12.

Country Preference:

☐ India
☐ Thailand
☐ Honduras
☐ Colombia
☐ Ecuador
☐ The Philippines
☐ Chile
☐ Dominican Republic
☐ Guatemala
☐ Holy Land child

☐ **OR, choose a child who most needs my help from your EMERGENCY LIST.**

NAME____________________

ADDRESS____________________

CITY____________________

STATE, ZIP____________________

☐ Please send me more information about sponsoring a child.

☐ I can't sponsor a child now, but wish to make a contribution of $_______.

Please forward your U.S. tax-deductible check to:

Children International
Joseph Gripkey, President
2000 East Red Bridge Road • Box 419413
Kansas City, Missouri 64141

A worldwide organization
serving children since 1936.
Financial report readily available upon request.

K2SA

Sponsor A Girl For Just $12.

☐ **YES,** I wish to sponsor a girl. Enclosed is my first payment of $12.

Country Preference:

☐ India
☐ Thailand
☐ Honduras
☐ Colombia
☐ Ecuador
☐ The Philippines
☐ Chile
☐ Dominican Republic
☐ Guatemala
☐ Holy Land child

☐ **OR, choose a child who most needs my help from your EMERGENCY LIST.**

NAME____________________

ADDRESS____________________

CITY____________________

STATE, ZIP____________________

☐ Please send me more information about sponsoring a child.

☐ I can't sponsor a child now, but wish to make a contribution of $_______.

Please forward your U.S. tax-deductible check to:

Children International
Joseph Gripkey, President
2000 East Red Bridge Road • Box 419413
Kansas City, Missouri 64141

A worldwide organization
serving children since 1936.
Financial report readily available upon request.

K2SA

THE HOT NEWS

Our resolution for '92? To look great! Here, we hint at how with luxe lipstick, the hair Luke Perry loves, and TLC for the fine skin you're in

SALON SOLUTIONS: For hands that have nothing to hide.
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COVER GIRL

That Cover Girl F
Cover Girl makes it beautiful. Noxzema makes it clean.
Cover Girl Clean Make-Up
The Make-Up for that face.

30 and something!

Cover Girl cosmetics turns thirty this year. That's why we're looking back at Christie Brinkley in an advertisement for Cover Girl from 1982 *(left)*. Compare it with the modern, more natural look in this current ad *(above)*, and you have to wonder . . . what will we be wearing in 2002?

Fluide Multi-Réparateur Restructurant
Skin Beauty Repair concentrate
CLARINS PARIS
ORIGINS
CLINIQUE
gentle exfoliator
PRESCRIPTIVES COMFORT CREAM
ORIGINS
Constant Comforter
If your skin acts sensitive
net wt. 1.85 oz.

Sensitive issues

Many of you have written us saying that you have sensitive skin. That means it's prone to itching, breakouts, or rashes. *Above,* some great new products to help sensitive types take care. ■ Clarins Skin Beauty Repair soothes irritated skin and restores it to health with vitamin A. ■ Prescriptives Comfort Cream, a lightweight treatment, hydrates skin and keeps it that way. ■ Origins Comforting Solution uses essential oils to activate the skin's own defenses. ■ Origins Constant Comforter calms and hydrates skin with vitamins and all-natural ingredients. ■ Clinique Gentle Exfoliator is a creamy scrub that gently sloughs away dead skin cells. All available at department stores.

Editor's choice

Our Beauty department says the Chanel Lip Rouge with SPF 8 ($18.50) is a cosmetic must-have for the new year. With its ten rich, long-lasting shades and its elegant shape, Lip Rouge is like glamour in a stick. At department stores.

Beverly Hills hair color

Shannen Doherty owes her chestnut brown hair color to Stuart Gavert of The Umberto Salon, in Beverly Hills. "I use a nonperoxide color for depth and shine," he says. But before *90210*'s first episode was shot, Shannen tried another colorist. The result? Burgundy hair! Now she's back with Gavert for good—for her hair, that is.

Still lifes, William Millot. Shannen Doherty photo, Wayne Stambler. Hair, David Cox. Makeup, Sheree Morgan. Dress, Betsey Johnson Luxe Collection. Earrings, Isis.

FREEMAN
Australian Formula
PAPAYA MIRACLE SHAMPOO
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Contains No Animal Extract
32 U.S. Fl. Oz.
FREEMAN
NEW
PAPAYA
ULTRA SPRITZER
SUPER HOLDING HAIR SPRAY
Less Alcohol
Australian Formula
$1 CASH REBATE ON FREEMAN TWIN•PAKS
MAIL IN OFFER • SEE DETAILS ON BACK

K mart SM

Head for the tropics with Papaya Miracle Shampoo

Papaya Miracle Shampoo with organic conditioners helps keep your hair looking great! Our price looks good too!

*Twin-pack 32-oz. Papaya Miracle Shampoo and 8-oz. Papaya Ultra Spritzer...3.99**

**Price Before $1.00 Mfr.'s Mail-in Rebate - Limited To Mfr.'s Stipulations.*

The quality you need, the price you want.

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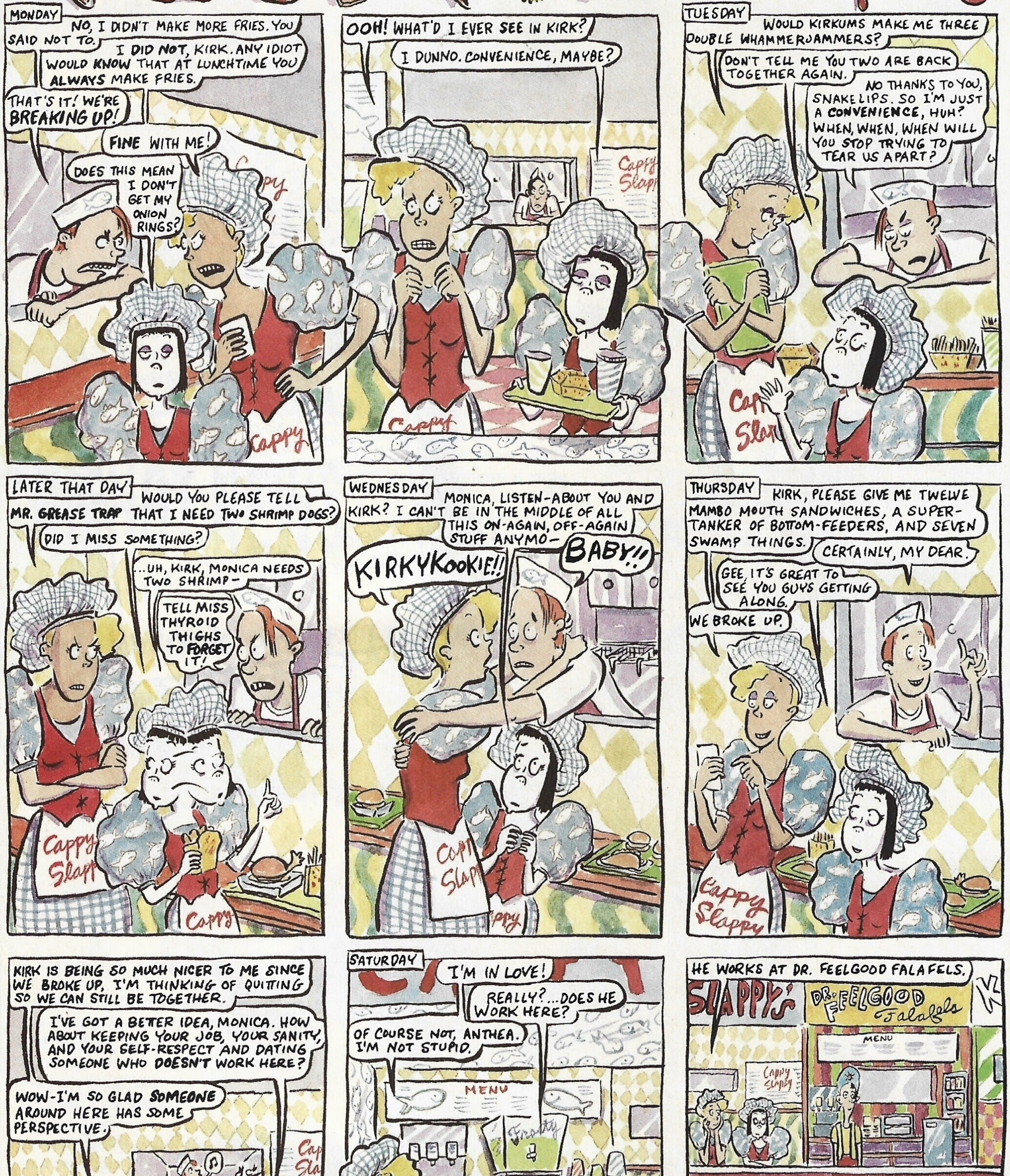
FOOD FIGHT by MIMI POND


MONDAY
NO, I DIDN'T MAKE MORE FRIES. YOU SAID NOT TO.
I DID NOT, KIRK. ANY IDIOT WOULD KNOW THAT AT LUNCHTIME YOU ALWAYS MAKE FRIES.
THAT'S IT! WE'RE BREAKING UP!
FINE WITH ME!
DOES THIS MEAN I DON'T GET MY ONION RINGS?
Cappy
OOH! WHAT'D I EVER SEE IN KIRK?
I DUNNO. CONVENIENCE, MAYBE?
Cappy Slappy
TUESDAY
WOULD KIRKUMS MAKE ME THREE DOUBLE WHAMMERJAMMERS?
DON'T TELL ME YOU TWO ARE BACK TOGETHER AGAIN.
NO THANKS TO YOU, SNAKELIPS. SO I'M JUST A CONVENIENCE, HUH? WHEN, WHEN, WHEN WILL YOU STOP TRYING TO TEAR US APART?
Cappy Slappy
LATER THAT DAY
WOULD YOU PLEASE TELL MR. GREASE TRAP THAT I NEED TWO SHRIMP DOGS?
DID I MISS SOMETHING?
...UH, KIRK, MONICA NEEDS TWO SHRIMP-
TELL MISS THYROID THIGHS TO FORGET IT!
Cappy Slappy
WEDNESDAY
MONICA, LISTEN-ABOUT YOU AND KIRK? I CAN'T BE IN THE MIDDLE OF ALL THIS ON-AGAIN, OFF-AGAIN STUFF ANYMO-
KIRKYKOOKIE!!
BABY!!
Cappy Slappy
THURSDAY
KIRK, PLEASE GIVE ME TWELVE MAMBO MOUTH SANDWICHES, A SUPER-TANKER OF BOTTOM-FEEDERS, AND SEVEN SWAMP THINGS.
CERTAINLY, MY DEAR.
GEE, IT'S GREAT TO SEE YOU GUYS GETTING ALONG.
WE BROKE UP.
Cappy Slappy
KIRK IS BEING SO MUCH NICER TO ME SINCE WE BROKE UP, I'M THINKING OF QUITTING SO WE CAN STILL BE TOGETHER.
I'VE GOT A BETTER IDEA, MONICA. HOW ABOUT KEEPING YOUR JOB, YOUR SANITY, AND YOUR SELF-RESPECT AND DATING SOMEONE WHO DOESN'T WORK HERE?
WOW-I'M SO GLAD SOMEONE AROUND HERE HAS SOME PERSPECTIVE.
SATURDAY
I'M IN LOVE!
REALLY?...DOES HE WORK HERE?
OF COURSE NOT, ANTHEA. I'M NOT STUPID.
MENU
Frosty
HE WORKS AT DR. FEELGOOD FALAFELS.
SLAPPY'S
DR. FEELGOOD Falafels
MENU
Cappy Slappy

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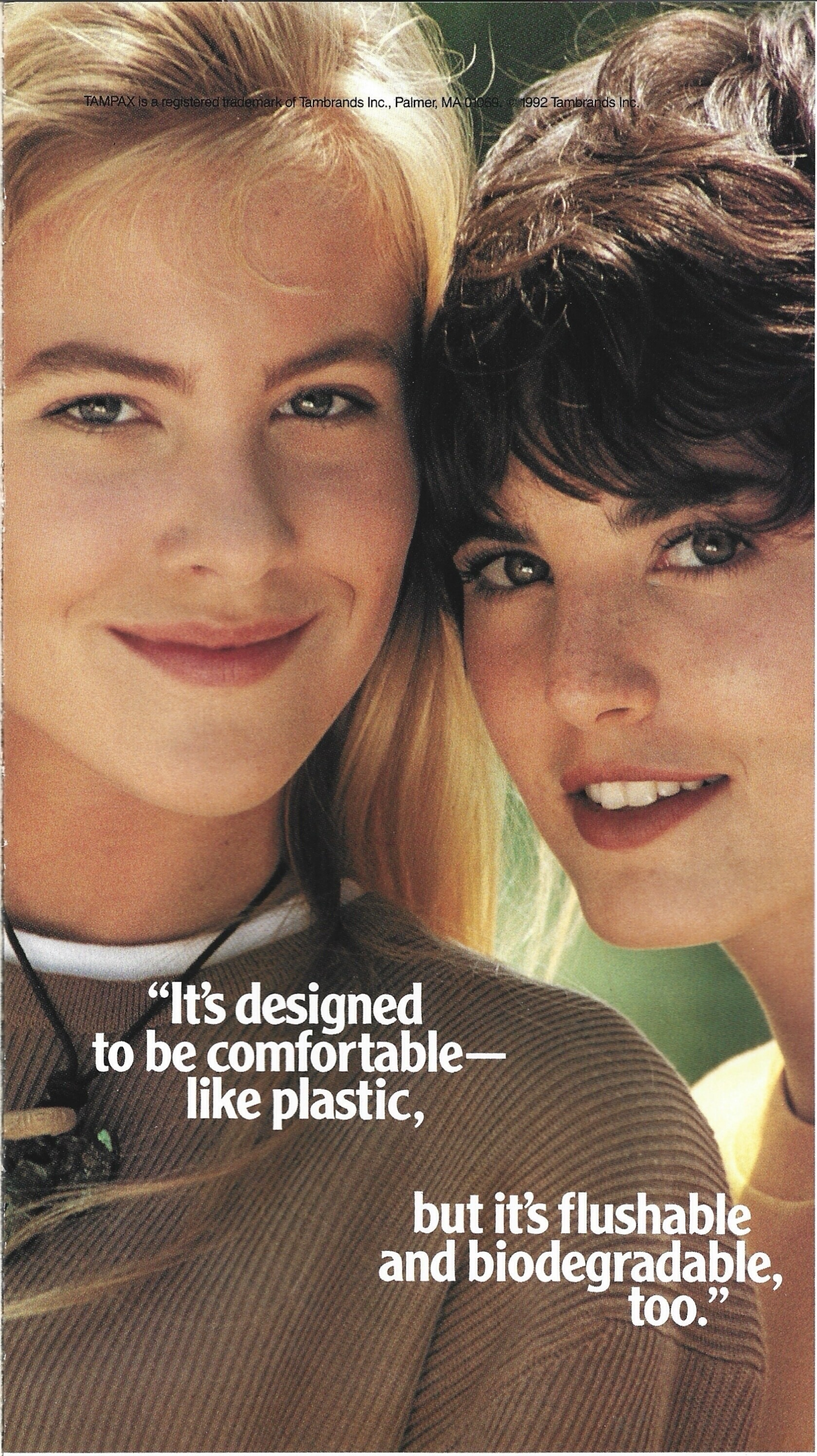
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"It's designed
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and biodegradable,
too."

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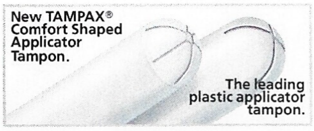
New TAMPAX® Comfort Shaped Applicator Tampons have the first silky-smooth cardboard applicators with the same round-tipped design as plastic.


New TAMPAX® Comfort Shaped Applicator Tampon.
The leading plastic applicator tampon.

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More women trust their bodies to

New!
TAMPAX
Tampons
Comfort Shaped Flushable Applicator
Biodegradable

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